



# THE NOE VALLEY VOICE

## 24th Street Overflowing With Coffee

By Jeff Doleman

Like many Noe Valley residents, Paul Duey spends a few minutes each day sipping a cup of coffee on 24th Street. His spot is Martha & Bros. Coffee Company at 24th and Vicksburg. "If I'm not here every morning," he says, "it's not normal."

Yet Duey is reluctant to see another coffee shop crowding the neighborhood commercial strip. "Seems to me you can get plenty of coffee around here," he says.

And by and large, the residents and merchants of Noe Valley agree. As a result of their lobbying, the Board of Supervisors voted in April to temporarily halt the stream of coffee peddlers onto 24th Street.

Starting in June, the city established an 18-month moratorium on permits for any new retail coffee stores or specialty groceries in the 24th Street-Noe Valley Neighborhood Commercial District (NCD). The NCD, which was drawn up by City Planning at the request of residents in the mid-'80s, covers 24th Street from Chattanooga to Diamond, and 2 1/2 blocks of Castro Street.

The ban will extend through November 1997, during which time the Planning Department will study its impact and recommend actions based on its findings.

Some community groups are hoping for a permanent embargo, similar to the one now in effect in North Beach.

"We have asked for a ban from the beginning," says Peter Gass, vice president of the East & West of Castro Street Improvement Club.

## Kid Cook Joe Mankiewicz Goes Stir-Crazy

By Jane Underwood

At the age of 4, Glen Park resident Joe Mankiewicz knew what he wanted to be when he grew up: a chef—just like the ones he'd seen on Channel 9.

"That's when I started understanding that I was watching cooking shows on TV," he says, referring to such favorites as the *Great Chefs* series, Jacques Pepin's *Today's Gourmet*, and *Cooking at the Academy*. "And then my parents got me one of those little cooking sets, and I just loved to play with that."

Joe, now 14, says he started thinking about owning his own restaurant at the age of 9. At 12 he took his first official cooking course for kids at the California Culinary Academy. The course inspired a seventh-grade cookbook project at Martin Luther King Middle School, which led to Joe's doing a special fundraising dinner for St. Paul's Church.

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Even though a ban on coffee stores recently went into effect on 24th Street, local residents still have gallons of cups of cappuccino to choose from on the strip. Photo by Beverly Thorp

East & West joined with Friends of Noe Valley in drafting the measure, which in addition to coffee vendors, applies to all places selling over-the-counter food or beverages.

According to Gass, the main reason he and other neighborhood activists want to put a lid on coffee stores and takeouts is to preserve diversity for Noe Valley shoppers. "You might attract a lot of tourists if most of the businesses in the neighborhood were restaurants," says Gass, "but eventually you're going to scare away the natives."

Jean Amos, of Friends of Noe Valley, is also concerned about the mix of shops. "What we want is to be able to walk down 24th Street and get more than just food and coffee. We need to be able to buy shoes and go to the hardware store," she says. "Between Sanchez and Noe, in one

block of 24th Street, there are 13 places to get food. So we said, that's enough."

"There are too many coffee places and bakeries already," agrees Heather Curran, a regular at Martha's who has worked on 24th Street. "The garbage cans are clogged with paper and styrofoam cups."

Moses Khouri has operated St. Clair's Liquors at 24th and Sanchez for five years. He also thinks 24th Street is full to the brim. "People come here for other things besides coffee. A lot of coffee shops will limit what is available and the types of people who come here," Khouri points out. "If every time a business leaves, it is replaced by a coffee shop, pretty soon the street will die."

Drew Dobbs, copy center manager at Colorcrane, admits 24th Street has an ample supply of coffee vendors, but he ques-

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## Art for Muni Ramps Gets a Second Look

By Loren J. Bialik

Was cultural bias behind two Noe Valley groups rejecting the artwork for new ramps along the J-Church streetcar line?

In the eyes of Jorge Aguilera, the answer is yes. Referring to a story that appeared in last month's *Voice*, Aguilera said, "The tone of the article was very anti-Hispanic. People said the bright colors and Aztec design belonged in the Mission. Noe Valley is supposed to be a multicultural neighborhood. I'm surprised that the Friends rejected a Spanish artist."

Readers will recall that at a joint meeting in May, the East & West of Castro Street Improvement Club and the Friends of Noe Valley, two of the neighborhood's oldest established groups, voted to reject the murals designed by artist Tirso Gonzalez for the wheelchair-accessible ramps to be built along the J-line. The groups informed Muni that they would prefer a blank gray wall to Gonzalez's designs, on the Noe Valley stops at Church and 24th and Church and Day streets.

Artist Gonzalez isn't sure if there was cultural bias, but wonders whether the Friends and East & West speak for all of Noe Valley. "I don't think these groups represent the people of Noe Valley," he said. In June, Gonzalez met with Aguilera and nine other people in St. Paul's Church. There he displayed his finished panels and urged people to sign a petition to Muni recommending his art.

(The meeting at St. Paul's was originally organized to discuss prospects for

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This kid is cooking! Joe Mankiewicz, 14, dreamed about donning a chef's hat for years. Now he's written a cookbook and is donating the proceeds to earthquakeproofing at St. Paul's.

Photo by Najib Joe Hokim



## The Contest Entries Are In— Now Let's Have A Good Read

The next *Noe Valley Voice* will be the 1996 *Summer Literary Issue*, devoted to the winners in our triple-crown literary contest featuring fiction, poetry, and nonfiction essays. Thanks to the hundreds of writers who submitted manuscripts—from San Francisco, Fresno, and maybe even France—this year's literary journal will be required reading for all vacationing Noe Valleyans, as well as the perfect addition to your turn-of-the-millennium time capsule.

Over the next few weeks, the *Voice's* humble judges will be busy reading the entries, in hopes of making a decision and notifying the prize winners by July 26. The *Literary Issue* will float into Downtown Noe Valley and local suburbs on or before Aug. 1. Be sure to pick up a copy for posterity.

Also, watch for word of our Noe Valley reading and reception for the winners. The party was a huge success last year, and is a great way to toast your neighborhood poets and pundits and take pride in living in a writers' paradise.

The *Summer Literary Issue* will take a breather from the fast-breaking news usually printed in the *Voice*. However, it will sport a special advertising section, illustrated with some of the best photography in the Bay Area. Call Steve at (415) 239-1114 by July 19, if you'd like to be a part of it.

We'll return with our regular news edition in September. Please send your story ideas, class ads, and calendar items by Aug. 15 to the *Noe Valley Voice*, 1021 Sanchez St., San Francisco, CA 94114. Those who have e-mail can write [jaxvoice@aol.com](mailto:jaxvoice@aol.com).

As always, we appreciate your letting us know what's happening in Noe Valley. Thanks again to all our readers and contributors, and especially to those of you who entered the writing contest this year. □

—Sally Smith and Jack Tipple, Eds.

## LETTERS 32¢



### The Eye of the Beholder

Editor:

As a resident of Noe Valley for the past 16½ years, I was horrified to read about the rejection by the East & West of Castro Club and the Friends of Noe Valley of the murals created by artist Tirso Gonzalez for the Muni stops on Church Street. It wasn't the fact that the murals were rejected that upset me so much, although I think they would add a new, and welcome, dimension to the Church Street scene. What did make me furious was the reported tone of the club meeting.

I am not an expert in Chicano art, and don't feel that I have the knowledge or background to critique Mr. Gonzalez's art, but from what I could tell from reading the article in the June issue of the *Noe Valley Voice*, neither do the members of the two neighborhood clubs. To "burst out laughing," to "howl" when presented with the murals, to refer to them as "graffiti," shows ignorance and yes, I'll say it, racism.

Of course, we all have different tastes in art. The picture I hang on my wall may be the very picture you would consign to the trash bin. And maybe certain art works are not "appropriate" for Noe Valley (although I think before a decision like this is made, there should be neighborhood discussions about what "appropriate" means and what Noe Valley really represents). To ridicule an artist and his work, however, is neither necessary nor an example of how intelligent, generous, caring people respond to what is, in essence, a gift.

If Mr. Gonzalez's murals are rejected, the gray concrete walls that will stand in their place will be a sign of Noe Valley's shame. I urge my neighbors to use this event as a chance to educate themselves, to broaden their understanding of the world around them, to question their own assumptions, and to find ways of being more welcoming of art and culture different from their own.

Karen Schiller  
Noe Street

### The Nightmare After Christmas

Editor:

While cruising Short Takes in the June issue of the *Noe Valley Voice*, I came across the mention of the Christmas in April facelift at the Noe Valley Ministry on Saturday, April 27.

While I suppose one could say that the group did "amazing work in transforming the entire downstairs," I was certainly not one of the local residents "in awe" on Sunday. As someone with a child at the Noe Valley Co-op Nursery School, housed at the building, I remember the event as the "Nightmare After Christmas."

We, the members of the co-op, had been told to do all the prep work for the painting, since the Christmas in April crew would only paint, and since they were only going to paint, I wasn't concerned about lead abatement. I was shocked to learn afterwards that they had sanded and scraped the walls, apparently ignorant of the health hazards posed by lead paint dust and chips, leaving us with a three-day intensive cleanup to make the building safe for the return of the children, babies, and pregnant women who use the building on a daily basis.

Obviously, the volunteers worked hard, with only the best of intentions. They are not to blame. However, I certainly hope that Christmas in April will, after their experience at the Ministry, learn about the health hazards of lead and proper lead abatement procedures before painting/renovating other old buildings.

Dominica Kriz  
Prentiss Street

### Painter's Glowing Review

Editor:

Kudos! Your performance over the years has been outstanding. The *Voice* is timely, trustworthy, and relevant. And it is always interesting and readable. It deserves the respect and readership of all Noe Valley residents.

As a former journalist and art director (*San Francisco Chronicle*, 1962–63), I also admire your attractive layout and format. My wife, Judy—also a former journalist—reads every issue and every page. We spend more time reading your publication than we do the metropolitan dailies in our city.

I am sure many others will join us in saying you have the best neighborhood newspaper in San Francisco.

This is also a thank-you note to you, and to writer Larry Beresford and photographer Charles Kennard, for your sensitive and creative story on yours truly in the May issue ["Renaissance Man Royce Vaughn," *Voice* May 1996, pp. 28–29]. Larry's writing was absolutely accurate, but also uplifting to dozens of people. Since the article's appearance, three to four people a day have told me how much they enjoyed it.

The story focused on one person, but was really about people's need to be involved in enhancing the quality of life, for themselves and others. Thank you for a job well done.

Royce Vaughn  
Valley Street

### Yahoo! We're Virtually There

Hi, Noe Valley Voice:

Just wanted to let you know that thanks to the *Voice*—I get my copy in the laundromat near Church and 30th—I found the URLs for your web site and the Noe Valley web ["Noe Valley Has a Home on the Web," June 1996, p. 21]. Thanks.

I've added them to Yahoo! They should



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The *Voice* welcomes your letters, photos, artwork, and manuscripts, particularly on topics relating to Noe Valley. All items should include your name, address, and phone number, and may be edited for brevity or clarity. (Unsigned letters to the editor will not be considered for publication, however.) Please note that unsolicited contributions will be returned only if accompanied by a self-addressed, stamped envelope.

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I like your paper, always find it interesting.

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Editor's Note: Thanks to you too, Yahoo! For those of you who don't surf the Net, Yahoo! is an electronic subject guide for users of the World Wide Web and Internet. It lists sites (also called home pages), and categorizes them by subject. A "URL" is a web site address. The Noe Valley Voice address on the Web is: <http://www.noevalleyvoice.com>. We aren't yet publishing current issues of the *Voice*, but we do have a short history of Noe Valley and the newspaper on our web page. For real-life back issues of the *Voice*, go to the Noe Valley Library, 451 Jersey St.

### Voice Mail

The *Voice* is eager to receive your letters to the editor, for possible publication in future issues.

Write to the *Noe Valley Voice*, 1021 Sanchez St., San Francisco, CA 94114. Or send brief e-mail correspondence (no long manuscripts, please) to [jaxvoice@aol.com](mailto:jaxvoice@aol.com).

Remember to include your name, address, and phone number, so that we can contact you if we have questions. Note that letters may be edited for clarity and conciseness. Unsigned letters (anonymous notes) will not be considered for publication.

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## You Drink Too Much Coffee, You Don't Have Room for Anything Else

*Continued from Page 1*

tions the way the city filters out specific types of businesses. Dobbs says people should be allowed to "open another coffee place, open another video place, open another nail place, but you should also have to put in a space on your property for planting trees or grass."

Not surprisingly, the coffee vendors also voiced reservations about the ban.

"The market will hold what it can hold, and it can hold a lot of coffee," said Gail Disantis, a district manager for Starbucks Coffee, which has a branch at 24th and Noe streets. She says groups like Friends and East & West aren't focusing on the true culprits.

"When are they going to start pointing the finger at landlords?" Disantis asked. "They're the ones who keep charging ridiculous rents, and that's why so many businesses are displaced."

The high price of Noe Valley real estate is no secret, and many merchants feel Disantis makes a good point. Others see it from a different angle.

According to Sam Salameh, owner of Good News magazine shop on 24th near Bell Market, large chains like Starbucks are the bad guys, because they can offer landlords the big bucks. Before he purchased Good News, Salameh ran a cafe in the Castro.

"Another cafe, a big franchise, came in and offered my landlord three times the

rent," he says. Salameh was told he could stay — but only if he would match the higher rent. He moved out.

Salameh supports the ban on grocery and retail coffee stores because he feels it protects the small business owner.

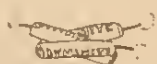
"A big franchise will kill a small business," he said. "If we have many different types of little businesses, then everybody is living, everybody is surviving."

In addition to Starbucks and Martha's, there's one other major retail coffee store, Spinelli Coffee, in the three blocks of 24th between Church and Castro. However, a traditional cup of joe can be had just about anywhere food is sold — at Bakers of Paris, Noe Valley Bakery, Herb's, Hopwell's, and Panos' Restaurant, to name only a few.

But some residents say that even with its abundance of coffee purveyors, 24th Street still lacks the perfect coffee spot.

"This neighborhood seems a little stagnant," said Camille Joseph, who lives and works on 24th Street. "We need a place to hang out. It doesn't have to be extreme — just a place with couches, where you can bring in your own pastries and sit and read."

For the time being, though, one more coffee shop on 24th Street would set a lot of people on edge. □



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## Eat at Joe's

*Continued from Page 1*

"First I made the cookbook for my school project," he relates, "then I decided to use it to make money for the church."

During the summer after seventh grade, he made 25 copies of his 22-recipe book—aptly titled *Eat at Joe's*—and sold them for \$10 apiece at a \$15-a-plate dinner he cooked himself.

"I got help from Father Mario, who is our pastor at St. Paul's, Mary Tan, and my family," says Joe. "We also had help from my friend Teresa Lazaretto and her mom, Patti. And the parents and grandparents bought all the food and supplies."

The dinner was a formal, sit-down affair for nearly 40 parishioners at St. Paul's Rectory. Joe also set the menu—"Caesar salad, monkfish baked in parchment paper, vegetables, and poached pears with cream puffs in raspberry coulis sauce, for dessert."

All \$440 he earned went to the church, which is trying to raise \$3.2 million to retrofit its 1880 edifice on Church Street.

Joe has since taken a second cooking course for teens at the Culinary Academy, and last summer he whipped up another fundraiser dinner for St. Paul's parishioners. He is now rattling the pots and pans in preparation for a third dinner on Aug. 24.

As for his cookbook, Joe has sold 19 copies so far, and donated all proceeds to St. Paul's. Most of the recipes are those he mastered during his first course at the Culinary Academy, along with a few oth-

ers—such as his grandma's "secret" recipe for her famous tomato sauce—thrown in for good measure.

"My family on my mom's side is Italian," Joe notes, "and my grandma cooks a lot of Italian food. She has these big Sunday dinners at her house. So I was really influenced by that."

He has also been influenced by chef John Kelly, whom he first met while eating out two years ago at Les Joulins, a restaurant on Ellis Street.

"Every restaurant we've ever gone to in San Francisco," says his dad Leo Mankiewicz, "we always sent Joe to the kitchen to meet the chef. They're all very happy to have him back there, unless they're really, really busy."

When Joe went back to meet Kelly, they hit it off, and so began their ongoing student/mentor relationship, during which time Kelly left Les Joulins to become chef at Premiere Catering on 10th Street.

"I observe John at Premiere Catering for a couple of hours every other week or so," says Joe, "and sometimes I get to help out a bit."

The hardest thing about cooking, he has discovered, "is preparation. You've gotta go out and shop, get all the ingredients ready—and not cut your fingers! The actual cooking is the easy part."

And the thing that makes cooking so much fun, he adds, is "going in there and getting my hands in the food! I like to work and create, and I can let my imagination flow."

He particularly relishes shoving his hands into big globs of pizza dough. "We'll send him over in the afternoon to Uncle Matt's house, he'll start making the

dough, and in the evening we all arrive," says his dad. "Joe just keeps 'em coming out of the oven. All different kinds. And everybody says it's the best pizza they've ever tasted."

Not surprisingly, pizza is Joe's favorite food. In that respect, he's no different from any other 14-year-old boy, even if he *can* cook a mean chicken roulade.

When not cooking up a storm, Joe spends the bulk of his time at school. He went to Rooftop and Lakeshore elementary schools before attending Martin Luther King, and now goes to Sacred Heart High School, where he just finished his freshman year in the scholar program and on the junior varsity basketball team.

"I loved it," he says, "but it was very, very challenging."

"We made sure he took French, too," says Leo, "for the time when we send him off to stay with a family in the south of France, in order to learn the real French peasant techniques of cooking. We want to have him get an idea of a culture that is very into cooking, rather than just going to a school out here."

He does plan to go to college, however, so that he can take, in addition to more culinary classes, lots of courses in business management.

Says his dad, who works downtown as a court reporter, "Joe has been told by various chefs that if you're gonna commit to the business, you've gotta do two things: First, spend an entire summer in the kitchen, to see if you can take the heat. And second, aim for the very top, that is, if you want to have a comfortable life, and not just a very *hard* job."

In his introduction to *Eat at Joe's*, Joe describes the business he hopes to have one day: "My restaurant will be a futuristic and colorful place. It will be at the top of a tall skyscraper overlooking San Francisco and the Bay. The kitchen in it will have all the latest cooking technology, plus some old things."

"Even though this seems like a wild idea for a young person like me, I believe that if I really put my mind to it, my dream will come true. That is my dream for the future."

If you'd like to buy a copy of *Eat at Joe's* (\$10 for parishioners, \$20 for all others), call St. Paul's Rectory at 648-7538 and leave a message for Joe. All proceeds will continue to go toward the church retrofitting. □



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## Ramp Art

*Continued from Page 1*

the now-defunct Noe Valley Community Store, so the majority of the people attending were associated with the food co-operative. However, Eleanore Gerhardt, representing the Friends of Noe Valley, also attended.)

At the June meeting Gonzalez said, "I was very offended that people would rather see a blank wall than my panels."

In preparation for the design, he noted, he had not only walked through the neighborhoods along the J-line, but also met with residents and asked their suggestions for a modern abstract image that would represent the various communities.

Pointing to one of the two designs he came up with—a panel with red geometric figures, turquoise palm trees, and red animals on a yellow background—Gonzalez said, "The people holding hands portray unity, the palm trees the neighborhood, and the animals the working-class background of the people of this area."

But several people questioned whether the middle-class "yuppies" of Noe Valley would still hold hands with the working classes in the Mission.

Hindi Greenberg, who lives on 29th Street and is the founder of Lawyers in Transition, said, "This was once all the Mission. Now we have fragmented ourselves into Noe Valley, the Castro, and Glen Park."

Susan Killebrew agreed. "I'm concerned about the Balkanization of the city, with one neighborhood thinking they're better than another. The message of Tirso's art is unity."

Though Eleanore Gerhardt, of Friends of Noe Valley, had been among those who rejected the murals in May, by the end of the evening at St. Paul's she was having second thoughts.

"Prior to the May Friends meeting, we weren't informed that we were going to discuss [Gonzalez's] art. It therefore came as a shock to us," said Gerhardt. "We were given the impression by Muni that the pieces were to represent *only* Noe Valley, and not other neighborhoods as well." In fact, the artwork was designed to be put on ramps at four stops along the J-line.

Also, at the Friends and East & West meeting, the groups did not have the benefit of hearing Gonzalez discuss his artistic concepts and the design guidelines he was working under. Muni and the San Francisco Art Commission had told him to create a bold, horizontal (2-by-10-foot) mural, using only three colors.



Artist Tirso Gonzalez displayed his mural designs for four new wheelchair-accessible ramps along the J-Church line at St. Paul's Church last month. He'll show them again at a Friends of Noe Valley meeting July 11. There's still time to vote your preference, but the Voice recently learned that Muni was close to approving the design on the right—for all four ramps.

*Photo by Najib Joe Hakim*

Gerhardt said she would propose that the Friends of Noe Valley have another meeting. "I still don't care for the style, but the artist should be given the opportunity to present his pieces and explain their meaning," she said.

Though the 30 people who attended the joint meeting of Friends and East & West overwhelmingly rejected Gonzalez's art, the audience at the June meeting at St. Paul's just as overwhelmingly approved one of the two exhibited panels.

Greenberg, who was wearing a turquoise blouse, pointed to the panel with the turquoise palm trees and said, "I think it's lively and colorful. It makes me feel good."

Aguilera agreed. "It's a happy painting."

The palm tree design is the same one approved by merchants and residents at two other stops on the J-Church line—at Market Street and at 18th Street. The panels will be silkscreened on ceramic steel, then baked, making them graffiti-resistant. They will be installed sometime next spring, following construction of the ramps in late 1996.

According to John Scott, Muni's community liaison (who attended the June meeting at St. Paul's), Muni is still interested in residents' feedback on the art panels.

"So far, we have received more letters favoring the art than opposing it," Scott said. "In the next few weeks, upper man-

agement at Muni will decide whether the panels will be displayed" on two, three, or on all four ramps along the J-line.

Scott noted that the May meeting of Friends and East & West of Castro was the only one in the city where participants voiced strong objections to the art. Handicapped ramps along five of the city's streetcar lines—the J, K, L, M, and N—will have murals, designed by artists who were screened and chosen by the San Francisco Art Commission.

But Scott added, "The art project has caused a lot of communities to take a look at themselves and to discuss issues they otherwise wouldn't talk about. There's a

real dialogue, and I think that's good."

It's not too late to express your opinion. Write to Project Planner John Katz, Muni Metro Key Stops Project, 1155 Market St., 5th Floor, San Francisco, CA 94103. Also send a copy of your letter to the San Francisco Art Commission, Attn: Richard Newirth, Director of Cultural Affairs, 25 Van Ness Ave., Suite 240, San Francisco, CA 94102. □

*At press time, the Voice learned that the Friends of Noe Valley had invited Tirso Gonzalez to bring his panels to their July meeting at the Noe Valley Library, 451 Jersey St., 7:45 p.m. All Noe Valley residents are welcome to attend.*

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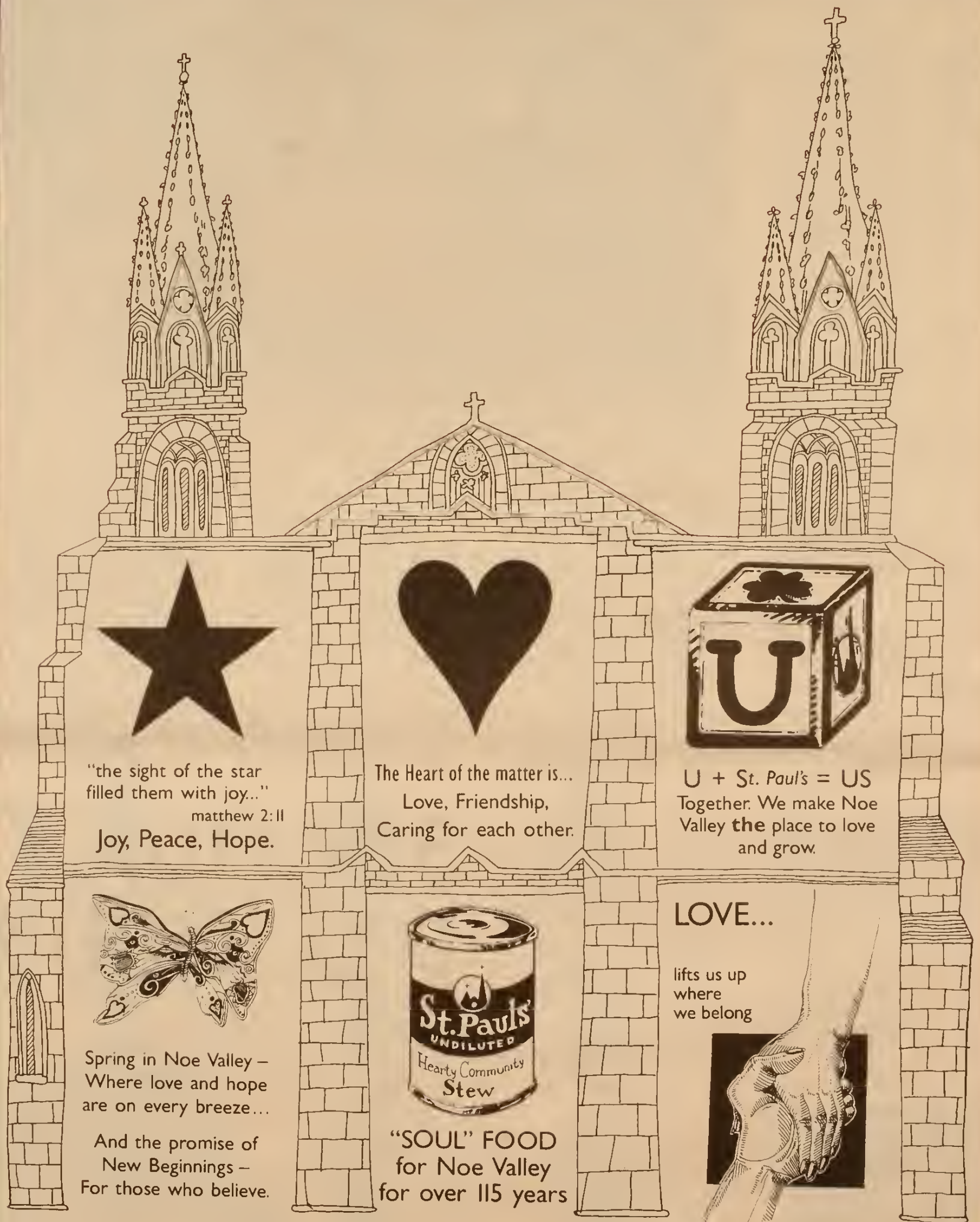
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# It's That Doggone Flea Season Again

By Steve Steinberg

It's summertime and the living is easy. But maybe not for your dog or cat. Summertime is flea time, when those nasty bloodsucking little pests can make your pet's life truly miserable.

But it doesn't have to be that way. You don't have to stand idly by and watch Spot or Fluffy chew or scratch themselves to death. Many preventive and palliative treatments exist to combat the effects of those dastardly fleas.

To begin with, fleas have always been here to torment us and our furry friends. Back in the Middle Ages, fleas carried the bubonic plague — the Black Death — which wiped out a third to a half of Europe. We don't have to worry too much about fleabome epidemics anymore, but we still need to be on our guard against fleadom's other nasty little habits.

Fleas often specialize in a particular host. There are cat fleas and dog fleas, although any flea will latch on to a nice warmblooded body, lay eggs, and feed.

The most common flea in the Bay Area is the cat flea, which infests both dogs and cats. These same fleas attack people, but they prefer animals, since their fur gives them a cozier hiding place.

According to Richard Spickard, chief veterinarian at Glen Canyon Animal Hospital in the Diamond Heights Shopping Center, San Francisco provides an ideal climate for fleas.

"We have moderate temperatures and lots of humidity," Spickard says. These conditions exist practically year-round, so "fleas do really well here."

This year, Spickard notes, the flea problem has been particularly severe, abetted by heavy late-winter rains and early warm weather.

Generally speaking, says the vet, we see two large surges in the flea population: one in May-June and another in August-September. During those periods, life can get pretty gruesome for pets—and for their owners.

## Dogs Scratch, Cats Lick Fleas

"We see a lot of red, irritated skin and scabs this time of year, caused by flea bites and flea allergies," says Susan Stanich, owner of VIP Grooming on 24th Street near Douglass.

Stanich, who has washed and brushed hundreds of dogs over the past five years, says there's not a lot you can do about the actual scratching and chewing once the fleas have struck, "except go to the vet and get a shot [of cortisone] if it's extreme."

Besides having to cope with the annoyance of the bites themselves, many pets also develop allergies to fleas. An animal that is allergic to flea saliva will spread the irritation by biting and scratching. "Pretty soon you get hot spots and big red sores from all the scratching and licking," vet Spickard says.

Over-the-counter "people" allergy products, like Benadryl and Chlor-Trimeton, can be administered to the pet to try to alleviate the itching. Sometimes it may be necessary to give the animal steroid tablets (under the guidance of a veterinarian) to combat the allergic reaction. Unfortunately, steroids can have harmful side effects with prolonged use.

Topical creams and lotions, such as Panalog Cream, may also provide tem-



Veterinarian Richard Spickard, of Glen Canyon Animal Hospital, says a promising new product called Advantage may help rid his canine clients of fleas. Photo by Najib Joe Hakim

porary relief from itching.

Untreated flea infestations can also have more serious consequences. Fleas can cause anemia, Spickard points out, which in very young or very old animals can be life-threatening.

The presence of fleas can also lead to tapeworms growing inside the dog or cat. Spickard says that in licking or biting themselves, animals may accidentally ingest a live flea, which can then lay eggs inside the animal and infest it with worms. Cats especially, Spickard says, are prone to eat fleas while licking themselves. That's why owners may not see many adult fleas on their tabby.

While not fatal, tapeworms can cause weight loss and weakness in the animal. The condition can, however, be treated by a veterinarian.

## Fleaproofing Your Home

Spickard and Stanich argue that the best way to keep fleas from making a meal out of your pet is to not give them a seat at the table. And dog grooming expert Tom Naka, who's run Clipper Corner at Clipper and Sanchez streets for 17 years, couldn't agree more.

"You have to take care of the pet's total environment" to control fleas, says Naka. He advocates treating the back yard and the inside of the house with insecticides (commonly containing the chemical pyrethrin) and anti-growth cycle compounds to kill fleas, their eggs, and larvae.

A good time to do that, he says, is the day you bring your pet in for grooming. "You have to treat the house and the pet's bedding, blankets, and towels at the same time as your pet. That's very important." A pet may have no fleas when he leaves the groomer, Naka says, but if there are still fleas in the carpet at home, the animal easily gets infested again.

Part of the problem is that fleas deposit their eggs right on the animal. In a lifetime a flea can lay thousands of eggs. The eggs may drop off onto the carpet and eventually hatch into more wicked adult fleas.

Although adult fleas live only a few weeks on average, their eggs can lie dormant in your rug or couch for weeks or even years, depending on the temperature and humidity. They hatch into larvae, which also can remain dormant for some time before becoming full-fledged fleas.

Amazingly, says Spickard, 99 percent of the fleas in any given household are generally in the egg or larva stage. Only 1 percent are hopping around as adults.

## The Pill and Other Programs

One of the goals of proper flea control, says the Diamond Heights vet, is to interrupt the growth cycle of the flea, so that the eggs don't hatch or the larvae don't become mature fleas. Various insecticides containing the anti-growth hormone methoprene exist to accomplish this end.

Some sprays, powders, and bombs currently on the market will kill adult fleas as well as their eggs. Others will kill only the adult fleas or, as is the case with some new chemical compounds developed in Europe over the past few years, will interrupt the growth cycle but will not kill the adult.

Clipper Comer's Naka likes products made by Flea Busters, which he says is an all-natural compound, containing no chemicals, blended into the carpet to stop the growth cycle.

Then there is PROGRAM® the new wonder pill that is administered orally once a month to dogs (now available for cats, in liquid form).

According to Spickard, "the Program," as it's known, works by making it impossible for a flea to reproduce once it has bitten your pet. Since they're not able to reproduce, the fleas in your house eventually die off. The cost of PROGRAM tablets is \$32 to \$38 for a six-month supply, depending on the weight of the dog.

Says Spickard, the pill works fine, "unless you take your dog to the park," where, of course, it can pick up more fleas. "People who give a pill and never expect to see an adult flea again are going to be unhappy."

"You have to couple PROGRAM with an insecticide to kill the adult fleas."

## Vacuum, Wash, and Comb

In the meantime, VIP Groomer Stanich advises clients to vacuum their carpets as frequently as possible. She says you can intensify the fleabusting effects by placing mothballs, flea powder, or a cut-up flea collar in the vacuum bag or canister. Any fleas that are sucked up by the vacuum will then be killed inside the bag. Used vacuum bags should be trashed quickly, however, to ensure that fleas don't escape back into your carpet.

Stanich says that although most flea shampoos will kill fleas on your pet, they do not have the residual effect manufacturers claim they do. Nevertheless, her favorite line is Eucacit, a eucalyptus and citronella oil-based flea shampoo, which, unfortunately, is available only to groomers. She does, however, recommend Nature's Choice shampoos and sprays. They are sold retail and can be found at the Animal Company pet supply store across the street from VIP Grooming.

VIP also likes a people-product called Skin So Soft, a bath oil by Avon. Stanich says that by diluting and misting the product—on either animals or people—you can repel (but not kill) fleas and mosquitoes. She has so much faith in the bath oil that she gives it away free to clients who bring in their own misting bottles.

Over at Clipper Comer, Naka suggests the daily use of a flea comb, "if the flea problem is not terribly bad." Going through the pet's fur with the comb will provide good "maintenance" in combating fleas.

But make sure you have a bucket of soapy water nearby, Naka says. That way, you can drown the fleas as you pluck them from the pet's coat with your comb. If you just drop the fleas in the garbage, they may make a fast getaway.

## Garlic and Yeast No Advantage

Many commonly used anti-flea products have been shown to have little or no effect. Spickard says garlic and brewer's yeast, in particular, are examples of "folk remedies" that do almost nothing to repel fleas. In fact, brewer's yeast, by acting as a possible food allergen, may add to the woes of pets with flea allergies, he says.

The vet also thinks flea collars are overrated, since they kill only the fleas that hang around the neck of the animal. Most fleas are smart enough to sense the chemical in the collar and scurry down the back of the animal, to hide out around the rump and genitals.

Flea collars that emit sound waves to drive away fleas are practically useless too, he says. "Fleas don't have ears," Spickard laughs.

However, he is excited about a new anti-flea product that is expected to be available this month. That product, called Advantage, supposedly kills adult fleas for three to four weeks with each topically administered application. He says Advantage will cost \$10 to \$12 a month. Advantage's only disadvantage, according to Spickard, is that it can be washed off during a bath, requiring a new application.

For more information, call Dr. Richard Spickard at Glen Canyon Animal Hospital, 920-6980. For grooming in Noe Valley, call Clipper Comer at 821-7476 or VIP Grooming at 282-1393. □

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Adios Ilse. Preschool "Pumpkin" program director Ilse Figueredo, who taught at Katherine Michiels School on Guerrero Street since 1986, has moved to New York, leaving fellow staff, plus scores of children and parents missing her. Before her departure, hundreds of hugs and quite a few photos were given and received. The cluster of kids pictured here around Ilse are (clockwise from bottom center): Christina, Martha, Alysee, Emma, Daniel, Santino, Emily, and Halle Rose.  
Photo by Pamela Gerard

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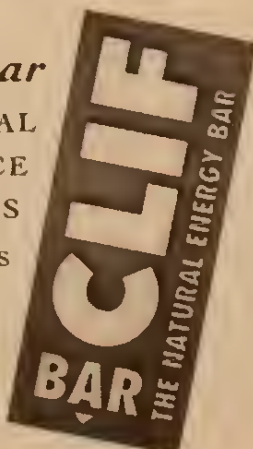
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## The Flyin' Lion Wins Title Bout

By Debra Wolf

Pow! Bam! Splat! Batman on 24th Street? No, it's Noe Valley's own Paris Alexander, professional boxer and newly crowned California Lightweight Boxing Champion.

Voice readers will recall our March 1996 feature on Alexander, a Vicksburg Street resident then training to defend his spot as the top-ranked lightweight boxer in California.

On June 1, Alexander met Anthony Johnson, ranked number seven, for the state lightweight division title. The Longshoreman's Hall in North Beach was filled with fans, friends, and supporters who came to cheer on Alexander, and cheer they did, with screams of "Paris, Paris," as Alexander went the distance in this 12-round match.

Johnson came out swinging wildly, hoping to knock Alexander out. But the "Flyin' Lion" had a different idea. He

fought with consistent accuracy, style, and strength. After taking a few hard blows in the early rounds, and despite injuring his hand in the fifth round, Alexander won the match in a 2-1 decision.

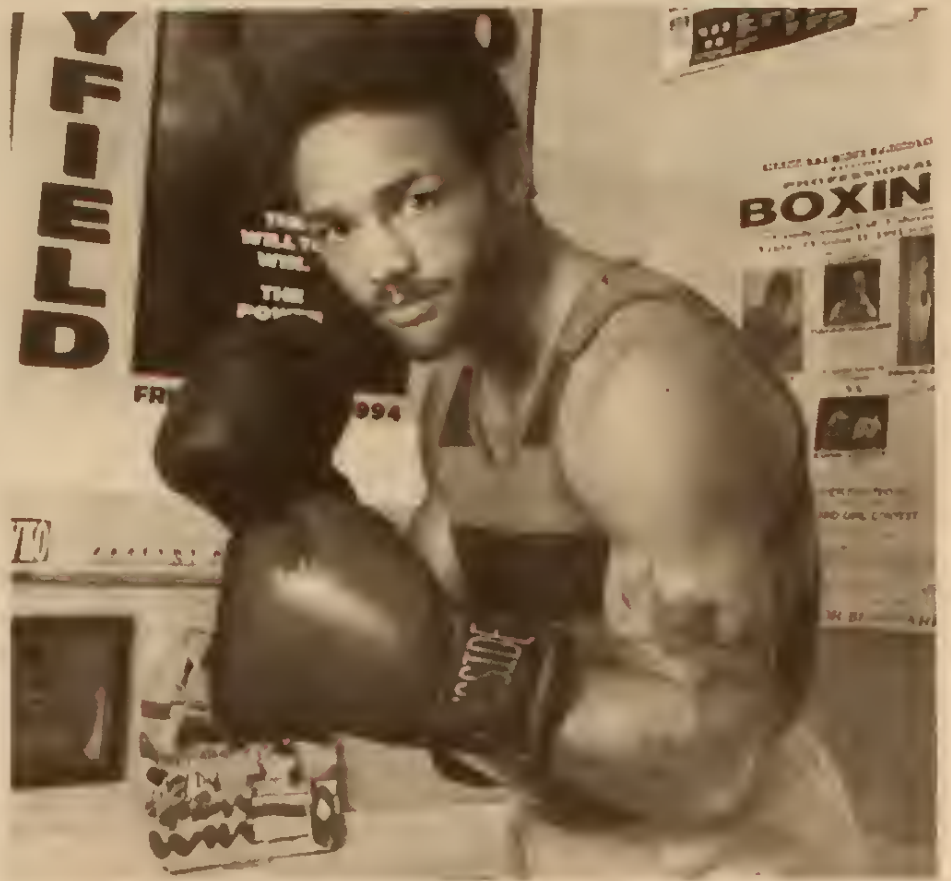
"This was as tough a fight as I could have, and I gave it everything I had, making the victory all the sweeter," Alexander said a week after the bout. "Johnson proved tougher than I anticipated — he came to win. After being knocked down early, I overcame the odds and did enough damage to get the decision. To fight and win in front of the hometown crowd is every fighter's dream."

He added that after the grueling hour-long fight, his 9-year-old daughter, Elizabeth, came over and said, "Daddy, if your next fight is like this, I don't want to be there."

"Neither do I!" was Alexander's reply.

In July, Alexander will be fighting in Idaho for the national title, and then in August he returns to San Francisco to vie for the Northwestern Boxing Association title.

Alexander invites all of Noe Valley to come raise the roof Aug. 24. To find out the time and location of the match, give him a call at 647-6938. □



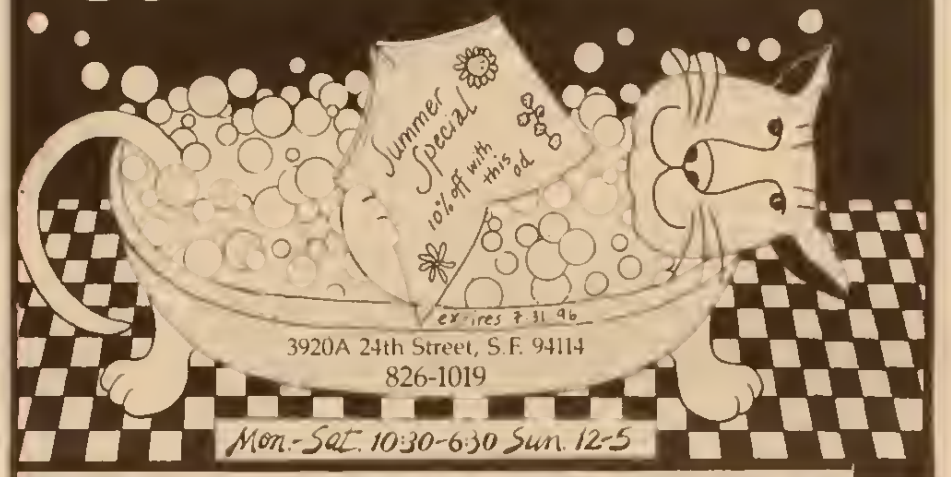
Vicksburg Street resident Paris Alexander was crowned state lightweight boxing champion last month, after defeating Anthony Johnson in the title bout June 1. Photo by Beverly Tharp

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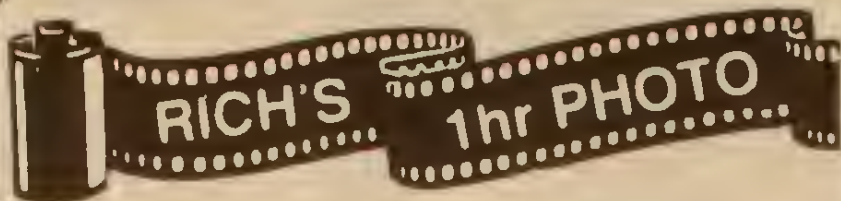
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# Global Exchange To the Rescue In Cuba

By Karen Topakian

Cuba made front-page news on Feb. 24, 1996. Medea Benjamin, a local economist and nutritionist, remembers the day well.

She and 25 members of San Francisco's World Affairs Council were in Cuba and scheduled to meet with Fidel Castro on that fateful Saturday—the day the Cuban government shot down two planes carrying members of Brothers to the Rescue, America's most notorious anti-Castro crusaders. Needless to say, the meeting was canceled.

The World Affairs group—a fact-finding delegation of CEOs, university presidents, and former U.S. government officials—heard about the incident later that afternoon.

"It wasn't in the Cuban press until the next day," recalled Benjamin, founder and director of Global Exchange, the organization that sponsored the trip.

"Somebody from the Cuban Ministry of Foreign Affairs came over to tell us what had happened. They obviously wanted to give their spin on it. They told us about the repeated provocations [from Cuban expatriates in the U.S.]. They also made it sound much more like they tried to bring the planes down without shooting them down. So everybody felt, well, they [Brothers to the Rescue] shouldn't have been flying over Cuba's air space."

The group heard a different version when they returned to the U.S. The anti-Castro group claimed the planes had been shot down while in international air space.

"We still don't know what the truth is, but it's interesting that our delegation understood it from the Cuban point of view after spending only a week there," said Benjamin.

Looking at life from the Cuban perspective is nothing new to Benjamin. She has traveled to Cuba twice a year with Global Exchange since its founding in 1988. She worked as a nutritionist in Cuba for four years in the early '80s.

A resident of Noe Valley for 12 years, Benjamin has also discovered a lot of fellow travelers in the neighborhood.

"Some people find out about our 'Reality Tours' to Cuba because of our [Global Exchange] store on 24th Street," she said. The shop at 3900 24th St., which sells arts and crafts produced in poor countries, is one of three Global Exchange stores in the Bay Area (the other two are in Berkeley and Mill Valley). Organizing cultural exchange and humanitarian relief visits to Cuba is a sideline of Global Exchange.

Whether she's attending her daughter's Saturday morning play group at Day Street Park or buying bagels on 24th Street, Benjamin often bumps into somebody who went on one of the Cuba trips. "We took a thousand people to Cuba in the last three years," said Benjamin. "Of those, about a hundred were from Noe Valley. I can walk down any street and



Noe Valley resident Medea Benjamin stands up for Cuba by organizing cultural exchange and humanitarian aid visits through Global Exchange.  
Photo by Najib Joe Hakim

say, 'A person in that house went with us, a person in that house.' It's really amazing."

Many of those traveling in the World Affairs delegation, however, were business executives making their first trip. And the experience opened their eyes.

"Even in a group like this, where people were really mixed politically but shared one ideology—a strong belief in capitalism—they all came away thinking the [current U.S.] embargo was crazy," said Benjamin. "When they reported back to the World Affairs Council, there were seven on the panel from the trip, and nobody thought the embargo should remain. Five of them said lift it right now, even after the planes were shot down. Before they went to Cuba, they were totally non-committal about the embargo."

The World Affairs Council presented the panel's views at a forum broadcast on National Public Radio in April. Panel members reeled off a list of surprises they'd encountered while in Cuba: There was no totalitarian or repressive feeling in the country. Since Castro came to power in 1959, Havana's beautiful archi-

tecture and monuments had deteriorated, but the Cuban citizens cast little blame toward their government. There were many statues and posters of Che Guevara, but, strangely, none of Fidel Castro. Though lacking in many basics, including food and medical supplies, the Cuban people were not dispirited. They were well dressed and proud of their society.

They also were friendly and showed no hostility toward the American tourists, despite the fact that the U.S. had clamped down on its 30-year trade embargo, and further tightened the ban on travel to Cuba, since the fall of the Soviet Union.

Prior to the 1989 collapse, Benjamin explained, "there was no malnutrition in Cuba. Everyone had enough to eat. They had a great free education system and a great health care system."

But within a year of the U.S.S.R.'s demise, "Cuba's economy was cut in half," Benjamin said. "There was a tremendous drop in people's standard of living. People who were doctors and engineers couldn't figure out where to get their next meal."

Life was especially difficult from 1990 to 1994. Then the country slowly began to revive, she said. Certain measures the government took—such as encouraging foreign investments, allowing Cubans to use dollars, and opening up farmers' markets—led to signs of a recovery.

"If there was one thing that changed people's attitudes, it was opening up these markets where farmers could sell directly to people," said Benjamin, who has 10 years of experience in the United Nations' food and agriculture division.

"The economy started to turn around. People started to get hopeful. There was one measure that was to me the irrefutable measure of the standard of living going up: my friends [in Cuba] had literally lost about 20 to 30 pounds in the course of a couple of years. But from '95 to '96 they gained back 10 or 15 pounds!"

But now, after the downing of the planes, the upturn stands in jeopardy, owing to new, harsher U.S. sanctions signed into law in March via the Helms-Burton

Continued on Page 12



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## Cuban Relief

Continued from Page 12

bill. Foreign businesses are now afraid to invest in Cuba since the U.S. actively discourages such activity. Mexican, Canadian, and Italian companies even received warning letters from the State Department, demanding they discontinue business in Cuba or be sued in U.S. courts.

"We're at the lowest point right now since the October missile crisis of 1962," said Benjamin. "Things are really bad. I even fear that there could be open warfare between the U.S. and Cuba. The U.S. policy has been designed to create an uprising within Cuba, which would be horrendous for the Cuban people, but the U.S. would be dragged into it, too. I think it's a really dangerous situation and people don't realize how dangerous it is."

What can the average citizen do? Benjamin suggested a number of actions:

- Contact your congresspeople and ask for an end to the U.S. embargo on Cuba.
- Demand an opening of channels between the two countries, through talks and normalization of relations.
- Travel to Cuba with a Global Exchange delegation and see for yourself. (Benjamin noted that U.S. citizens who wish to visit Cuba must arrange to fly through another country, such as Mexico.)
- Help groups like Global Exchange invite Cubans to the U.S. (even though it's extremely difficult for Cubans to obtain visas from the U.S. State Department at this time).

• Send humanitarian aid in the form of food and medical supplies.

• Support Sisters to the Rescue, a joint effort of Cuban and U.S. women working on policy issues and cultural exchanges.

You can take many of these steps through Global Exchange's Cuban Campaign at 255-7296. And you won't be disappointed, Benjamin said.

"There is something extremely unique about the Cuban people, and it's reinforced every time I go back. They are the most warm, loving, and interesting people," said Benjamin. "They have a sense inculcated by the government that you help each other. You build a society of sharing and caring, and it's not just caring for your immediate neighbors. It's caring for what's happening to people in Rwanda, and for people all over the world." □



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# POLICE BEAT

## Alert Witnesses Catch Thieves

By Officer Lois Perillo

There's good news about the two robberies that occurred in and around Noe Valley from May through mid-June: both ended in the arrest of suspects because of witness involvement.

As reported in last month's *Voice*, a 30-year-old man who robbed a man at Worth and 22nd streets was captured at Elizabeth and Castro May 1, after witnesses called in the crime and suspect description. The man remains in custody pending his July 8 date in Superior Court.

There were no other reported robberies in Noe Valley during May. But on June 12 at 7:45 a.m., a 43-year-old woman was walking on Hoffman Avenue when a 34-year-old man ran toward her, grabbed her day pack, and fled north on Hoffman toward 24th Street.

A 38-year-old man who witnessed the robbery chased the suspect to 24th and Diamond and was joined by a 47-year-old man waiting for the bus.

Both witnesses wrestled the suspect to the ground, holding him there until an off-duty South San Francisco police officer, who happened to see the chase, stopped and handcuffed the suspect.

Within minutes, police officers Diane McKevitt and Susan Moneyhun, along with Sgt. Bob Barnes, arrived at the scene and took custody of the suspect. The targeted woman was brought to the arrest

scene, where she positively identified the robber. The suspect was then booked on second-degree robbery. He remains in custody pending his court appearance.

### The Community Is Watching

Noe Valley residents and businesses are also doing a good job thwarting burglars. Despite the fact that home break-ins usually go up in the spring and summer, Mission Station recorded only five burglaries in my stretch of Noe Valley during May, one less than in April and three less than in March.

The thieves broke in to two houses, two apartments, and one garage. Also be aware that three of the five burglaries happened on the weekend. (The other two took place on Tuesdays.)

### So Where Are They Now?

The man accused of multiple commercial burglaries on 24th Street last fall and winter was sent to state prison for two years on a felony violation. This means the criminal dubbed the Termite, for his method of cutting through walls, will probably be in jail for about a year.

The other wintertime shop burglar remains free, pending a July 22 court appearance.

The 45-year-old man, formerly of the 4100 block of 24th Street, who was charged with "cohabitee" battery in November 1994 has successfully completed an anti-violence education and counseling program. As a result, his criminal charge has been dismissed.

The two men accused of multiple counts of robbery stemming from a November 1994 arrest at 23rd and Vicksburg streets are scheduled to begin their trial on July 29 in Superior Court Department 22. One man remains in custody, while another has been released on bail.

The 19-year-old man charged with two counts of robbery from a September 1995

incident at Fair Oaks and 25th Street remains in custody pending his July 17 court date.

In February, I reported the account of a 41-year-old man who brandished a rifle on the 400 block of Clipper. The man was arrested and released on bail; he's due in Department 22 on July 24.

Remember that brazen 27-year-old man who attempted to steal a Harley Davidson motorcycle in front of Bell Market by rolling it onto the bed of a pickup truck? (The incident occurred April 30 at about 9 p.m.) As you will recall, the thief was foiled by a woman who saw the motorcycle tampering and called police. Another witness, "deputy beat guy," tackled the suspect and held him until police arrived. After his booking, the suspect was held for three days, then released on bail. Well...he now has several outstanding warrants.

### Utility Worker Impostors

A special alert has been issued by the S.F.P.D. regarding suspects posing as utility workers to gain access to your home and steal from you once inside.

In the latest series of incidents, the im-

posters have pretended to be Water Department employees who required urgent entry to your home to do some nebulous repair or test. (The most recent suspect was seen driving a 1980s-model Oldsmobile with Texas plates.) But be aware that in the past these con artists have feigned PG&E or Pac Bell employ as well.

Usually, the elderly are targeted in this kind of ruse. Please talk about this con with your neighbors and relatives, and pay special attention to older residents.

As a way to prevent this crime, always demand company identification and a supervisor's phone number for verification. When in doubt, refuse the person entry.

Until next time, be safe and see you on patrol. □

*Officer Lois Perillo is the community police officer for the part of Noe Valley extending from 21st Street to Cesar Chavez Street. Her beat includes 24th Street from Valencia to Grand View. You can reach her by calling Mission Police Station at 558-5400. To speak to a community police officer covering "outer" Noe Valley, south of Cesar Chavez, call Ingleside Station at 553-1603.*

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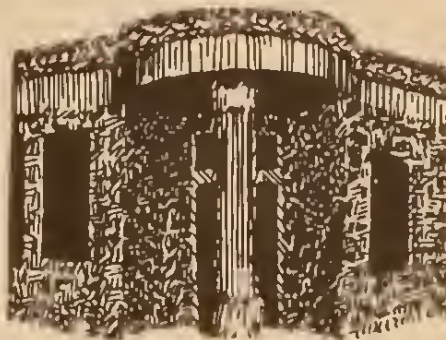
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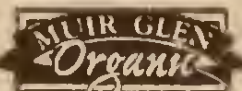
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# Noe Valley's Migraine Man

By Kathy Dalle-Molle

*"Three, four, sometimes five times a month, I spend the day in bed with a migraine headache, insensitive to the world around me. Almost every day of every month, between these attacks, I feel the sudden irrational irritation and the flush of blood into the cerebral arteries which tell me the migraine is on its way...."*

—Joan Didion (from *The White Album*)

Essayist Joan Didion is one of America's most famous headache sufferers, but according to Dr. Jerome Goldstein, founder of the San Francisco Headache Clinic, she certainly is not alone.

Goldstein, who lives on 21st Street and has been a Noe Valley resident for 30 years, says Didion is one of 40 million Americans who suffer from chronic headaches. The overwhelming majority of these headaches fall into two categories—tension or migraine.

During a common tension headache, he explains, the pain is often dull and affects both sides of the head. There is also tightness of the scalp and neck.

During a migraine, pain can affect one or both sides of the head and is frequently accompanied by nausea, vomiting, and heightened sensitivity to light, noise, and smell. A migraine can last anywhere from a few hours to several days, and over-the-counter medication rarely helps alleviate the symptoms.

A recent Gallup poll of migraine sufferers found that 70 percent believe having migraines brings their life to a stand-

## Foods That Can Make Your Head Hurt

Jerome Goldstein, M.D. (whose house on 21st Street many people know for its annual Christmas tree display), founded the San Francisco Headache Clinic in 1980. Over the years, he's collected a list of foods that are known to trigger headaches in people who have a sensitivity to them.

Goldstein says a headache typically shows up 4 to 24 hours after ingesting the food. If you think a certain food has caused a migraine, he recommends that you try not eating it for a month. Then reintroduce it to your diet gradually to see if a migraine occurs. Here are some suspect foods:

- Ripened cheeses: cheddar, Emmental, Gruyère, Stilton, Brie, and Camembert
- Herring
- Chocolate
- Vinegar (except white vinegar)
- Anything fermented, pickled, or marinated
- Sour cream and yogurt
- Nuts, peanut butter, seeds (such as sunflower, sesame, and pumpkin)
- Hot fresh breads, raised coffee cakes, and raised doughnuts
- Pods of peas and broad beans, including lima, navy, pinto, and garbanzo
- Any foods containing large amounts of monosodium glutamate
- Onions
- Canned figs
- Citrus fruits
- Bananas
- Raisins
- Papayas
- Pizza
- Excessive tea, coffee, and cola beverages (no more than two cups total per day)
- Avocado
- Fermented sausage and processed meats, such as bologna, salami, pepperoni, summer sausage, hot dogs, and ham
- Chicken liver

Source: San Francisco Headache Clinic



Twenty-first Street resident Jerome Goldstein sees close to 100 patients a week at his headache clinic on Hyde Street. Photo by Najib Joe Hakim

still. A significant number also said that a migraine headache is more painful than childbirth, a broken bone, arthritis, athletic injuries, or a bad burn.

Goldstein, who has practiced medicine in San Francisco since 1970, is a board-certified neurologist and member of the American Association for the Study of Headache. In addition to his work at the Headache Clinic, he serves as chief of medicine at St. Francis Memorial Hospital.

Since he founded the clinic—the largest of its kind on the West Coast—in 1980, Goldstein and two associate physicians have treated more than 50,000 patients for recurrent headaches. The clinic currently has 7,000 patients in its "active" database. Of those, close to 100—some from as far away as Hawaii, Brazil, and France—visit Goldstein's office at 909 Hyde St. each week.

"Although only 30 to 40 percent of headache sufferers seek a diagnosis," says Goldstein, "this is one field of medicine where the success rate is high—between 75 and 80 percent. Patients come back and say, 'Thank you. You've helped me.' That's very rewarding."

Most of Goldstein's patients are 18 to 55, and 70 percent are women. "Headaches are thought to be tied to women's hormonal status since they're more prevalent during a woman's period or if she is taking birth control pills, and they lessen during pregnancy and menopause," he explains.

Headaches can also be triggered by diet, stress, anxiety, depression, air travel, pollution, and environmental factors. According to the Centers for Disease Control, the number of Americans who get migraine headaches has nearly doubled since 1981.

"Headaches are more problematic today because of the type of environment we live in," says Goldstein. "But there is also more recognition about headaches. Sufferers are coming out of the closet rather than ignoring their headaches."

Nonetheless, many headache sufferers still feel there is a stigma attached to the ailment. According to the Gallup survey, 33 percent of those who missed work due to migraine say they do not mention migraine when they call in sick.

Explains Goldstein, "The chronic headache sufferer is not understood adequately. Beliefs about headaches and attitudes toward the headache sufferer—such as that they are looking for sympathy and avoiding responsibility—bring about feelings of a personal weakness.

These attitudes need to change so sufferers can get the help they need."

A migraine, says Goldstein, is not a psychosomatic malady or a psychological disorder. It is a physical condition brought on when blood vessels in the head become unstable and quickly dilate.

"People often talk about having a 'migraine personality,' but there is no such thing," he says. "Migraine is a disease. It is now recognized that headaches are inherited. Researchers are hot on the trail of a migraine gene. We're working with a biotech company on the Peninsula that is investigating this area."

There is no typical headache sufferer, says Goldstein. "Every patient is unique," he explains. "A patient's work life, home life, spouse, kids—all enter into the pain problem."

Goldstein suggests people visit a doctor or clinic if they are experiencing chronic headaches for the first time or if an existing headache is changing in character. Headache sufferers should also be aware of any new neurological complaints, such as dizziness, numbness, or a change in speech patterns.

"These symptoms could be the sign of a stroke, tumor, or encephalitis," says Goldstein. "And while migraine is a disease, other types of headaches could be the symptom of a brain tumor or other neurological problem."

During an initial evaluation, Goldstein takes a detailed medical and headache history and performs a complete neurological exam. Patients also receive a di-

agnosis of their specific type of headache and its underlying cause.

"So we can reduce the frequency and severity of the headache, we stress preventive forms of treatment," says Goldstein. "We also stress the use of headache medications which are not addictive and have the fewest possible side effects."

Some patients participate in biofeedback therapy, which includes muscle relaxation and temperature control. The clinic also offers a course in stress reduction, as well as psychiatric consultation and support counseling.

Goldstein says treatment periods range from six months to several years, depending on the severity of the case.

To determine headache patterns and help patients manage their headaches, Goldstein asks them to keep a weekly food and headache calendar to track foods that might trigger a headache (*see sidebar*).

And when Noe Valley residents feel a migraine creeping up, Goldstein suggests they try some simple relaxation techniques within the peaceful confines of the neighborhood.

"Do some visualization, muscle relaxation, or deep breathing while you're sitting in your back yard," he suggests. "Or take a walk around the neighborhood and enjoy the lovely Noe Valley views."

For more information on the San Francisco Headache Clinic, call 673-4600 or visit the clinic's web site at <http://www.wmma.com/atlshcl/>. □



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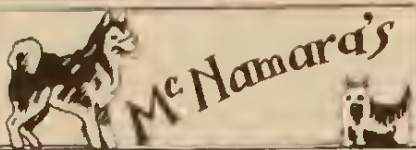
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# City Guides' Noe Valley Walk—A Tour de Force

By Douglas A. Konecky

If you are not interested in knowing why there is an empty lot on the busy corner of Jersey and Noe streets, then San Francisco City Guides' walking tour of Noe Valley is not for you.

If you have never wondered about the connection between the Axford farmhouse on 25th Street and the ancient pink Victorian two doors downhill from it, maybe you shouldn't take this walk.

If you only stumbled into the end of the group, thinking you were on line for frozen yogurt, you won't want to listen to the guide explaining what those exotic concrete wren's nests are doing on all the comices along Castro Street.

However, if you would like to know who designed James Lick Middle School and what he designed right after that,<sup>1</sup> or what the previous James Lick Middle School on the same spot had to do with the 1906 Earthquake and Fire,<sup>2</sup> and while you're at it discover who James Lick was in the first place and how he made his first fortune,<sup>3</sup> then this tour may be your cup of historical tea.

Tour guide Sharon Moore, a resident of Noe Valley for eight years, gives the two-hour walk only twice a year, in May and October, so she has lots of stories stored up. And for every picture that tells a story, Moore has a house that tells two.

Plus, she has answers to all those questions you didn't know you had—like how far did they manage to stretch Andrew Carnegie's magnificent \$750,000 building endowment of 1912?<sup>4</sup> Or which one of that row of homes on Jersey Street has the original front porch?

Moore wants you to know about all four of Noe Valley's haunted houses. The jewel at 23rd and Eureka is the most famous. The other three are equally important, and Moore knows the names of each ghost.

On the May 25 tour, when someone suggests that the ghost in the Eastlake house on Castro near Jersey is haunted by the ex-owner's ex-wife, Moore corrects him by saying, "No, I believe it is his grandmother."

Our group of 30, of which perhaps half are locals, tramps dutifully down Noe from our meeting place at 25th Street. We cross 24th ("beautiful 1901 Mission Revival apartment house"), walk up the hill ("not terribly successful modern bay



Tour guide Sharon Moore knows many tantalizing tidbits of Noe Valley's architectural history, including the story behind this charming Victorian at 1190 Noe St. Photo by Charles Kennard

windows above Panos"), then turn west along Elizabeth Street, pausing at each of several lovely groups of homes. The owner of one of these homes is sweeping her garage, and leans on her broom chatting with us. When she goes back inside, Moore looks furtively around and then whispers to us: "Do you know that house sold for \$550,000 only last year!"

"Ooooooh," we all chorus, variously ramping up the value of our own homes or lamenting our pitiful renter status.

At the corner of Elizabeth and Castro, Moore turns north and walks up the hill. Everyone else in the group turns northeast into Andiamo's grocery and comes back out with a cold drink. It is a hot Saturday with the sun directly overhead. Moore

waits patiently as we seek the shade. We squat on sheltered stairways, and crowd under tiny trees, as she explains the differences between Stick Eastlake and Early Italianate, Queen Anne and Edwardian styles, all prevalent in our area.

We ignore Marina style, and anything built after 1915. Special scorn is reserved for tasteless renovations and modern apartment houses, but praise is heaped upon architectural tidbits like "eyebrows" and "fancy butt" square shingles.

We pass several collections of low buildings, one on 23rd and one on 24th, which once were stables, and where a Noe Valleyan at the turn of the century could rent a horse and buggy complete with feed bag for \$2 a day. Few owned their own horses, or later, vehicles. This was a solid working-class neighborhood.

As we turn down Homestead Street, Moore tells us how the Irish came to dominate Noe Valley, and why 25 percent of the city's Irish still live here.

Sharon Moore is a great guide. She loves giving these tours and we love having her. She is quick but thorough, and her answers are never rushed. Even though we walk quite a bit, by the time the tour winds us around back to where we started, we are not ready to be finished. We feel connected to those people who were lucky enough to find and settle in Noe Valley more than a century ago, and who left it for us to enjoy today.

And we even know the answer to the hardest question of all: Where exactly is Noe Valley?<sup>5</sup>

*City Guides offers dozens of tours on San Francisco history and architecture. The tours are free, though donations are accepted. See the Voice calendar, or call 557-4266 to hear a taped schedule of each week's tours.*

1. W. H. Prim, the C&H Sugar Factory in Crockett.

2. After the 1906 Earthquake and Fire, many people's fireplaces were unsafe, so the neighbors set up a soup kitchen in front of the eight-room schoolhouse at Noe and 25th streets, now occupied by James Lick Middle School.

3. James Lick built pianos in Chile.

4. With Carnegie's \$750,000, San Francisco got five new buildings. Three are in our area: Mission High, Everett Middle School, and the Noe Valley Library on Jersey Street.

5. According to Moore, Noe Valley stretches from 22nd to 26th streets, Hoffman to Church. To the north is Liberty Hill. To the west is Upper Market. To the south is Upper Noe. To the east is Dolores Heights. However, she admits her boundaries are unofficial. Most people, including the Voice, are more inclusive. We vote for 21st to 30th, Grand View to Dolores.

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with grilled chicken	7.95	—



## SHORT TAKES

### School Volunteers Needed

You don't have to be a parent or teacher (or rocket scientist, for that matter) to know that San Francisco's public schools need all the help they can get. Our schools reflect the proliferation of problems facing society: teen pregnancy, drugs, violence, illiteracy, and truancy. All of us ultimately suffer when these problems are not adequately addressed.

You also don't have to be a parent, teacher, or anyone in particular to do something about it. San Francisco School Volunteers is recruiting both individuals and organizations to help out during the coming school year. Schools from pre-kindergarten through high school need your assistance.

Volunteers can work directly with kids, in such jobs as tutoring ESL students in reading and writing. They can also assist teachers in the classroom, or work behind the scenes doing word processing, maintenance, or other administrative duties. Businesses and organizations are invited to "adopt" a school.

Volunteer coordinator Gina Lorenzo says she often meets "people who have never worked with kids, are a little shy, but want somehow to make a difference." To accommodate such recruits, she first takes volunteers through a screening and orientation session, and offers optional training in things like communicating with teenagers, and science and math games. Volunteers must commit to one hour a week of service for one semester, and are asked to provide two references

and a current tuberculosis test.

Although the group accepts help throughout the school year, Lorenzo points out that the 1996-97 school year begins Aug. 27, and prospective volunteers should allow about a month from when they first contact the group to when they can actually start their service.

For information about the next volunteer orientation, phone San Francisco School Volunteers at 274-0250 (fax 399-0763), or visit the office at 65 Battery St.

### Bell Deliveries Shaky

The Bell Market Delivery Service, which has brought groceries to residents of Noe Valley since the demise of Surf Super in the 1980s, may soon cease to function due to dwindling patronage.

The service allows shoppers at Bell Market on 24th Street to purchase groceries on Wednesday mornings and have them delivered to their homes within a few hours for a small fee. The program has been operated since its inception by Work!, a 16th Street firm specializing in services such as housecleaning, garden work, home repairs, and party service.

Delivery customers go to Bell, do their shopping, and leave delivery information with their bagged groceries. At 10:30 a.m. and again at noon, two Work! employees arrive with a van to pick up the bags and make their rounds. The program costs \$6 per delivery (slightly more outside Noe Valley), although seniors who spend more than \$25 receive a \$3 discount from Bell, bringing their net cost down to \$3.

Some patrons also choose to tip the two Work! personnel who do the delivering. Work! president Larry Alperstein notes that in addition to helping seniors and others who have difficulty lugging their groceries by foot or Muni, the service helps these two workers earn a living.

The number of customers using the Bell service on a regular basis has shrunk to as low as three, however. Alperstein figures that unless at least seven additional clients sign up by Aug. 1, he will have to pull the plug.

The program is available to anyone in Noe Valley or surrounding neighborhoods. To sign up, call Alperstein at 255-2325.

### The Mime Troupe in Space

Think summer and Dolores Park, and soon the San Francisco Mime Troupe sprouts into our collective consciousness. The city's favorite *al fresco* thespians — and perennial thorns in the paws of capitalist dogs everywhere — are back for their 35th outdoor season of free musical performances in local parks.

The Mime Troupe's current production, *Soul Suckers from Outer Space*, examines some unusual transformations in the 1950s central California town of Santa Margarita. You know the place — it's where everyone knows everyone else and where neighbors help each other. Suddenly, after a mysterious "earthquake," the town seems to change overnight: landlords start jacking up rents and evicting tenants, a ranch set aside for a park is taken over by a golf course developer, and the well-respected mayor is about to be replaced by a U.N.-hating, government-bashing, tax-evading town crank.

So what's going on? Garden-variety greed? Something in the water? Or something from...OUTER SPACE??!

Find out at one of the performances of *Soul Suckers*, running Thursday through Sunday, July 4-7, at Mission Dolores Park, 20th and Dolores. All performances start at 2 p.m. (music starts at 1:30).

The Mime Troupe is also seeking donations to help make up for recent Congressional budget cuts to the arts. To contribute, call 285-1717.

### Democrats' Campaign Kickoff

Harry Truman was wrong. The buck doesn't stop on the president's desk, because the president isn't the boss. Neither are the senators, congresspeople, governors, mayors, or supervisors. They don't run the place — we do.

The upcoming fall election for president, Congress, and dozens of state and local offices and initiatives is everyone's chance to stop shirking our civic duties and start running the country, state, and city the way we want. One way to get involved is to work for the election of candidates and initiatives we support.

The Noe Valley Democratic Club, fresh from electing new officers earlier this year, wants neighborhood Democrats and others interested in current campaign issues to turn out for its "Clinton-Gore Election '96 Kick-Off" at the Noe Valley Ministry, 1021 Sanchez St., on Wednesday, July 10.

Club president Dave Monks points out that plenty of volunteer positions, including precinct captains, are up for grabs. And those interested in learning more about the candidates and issues can join the club's PAC committee, which meets with office-seekers and representatives of state and local initiative campaigns. The political action committee determines the club's endorsements, which will appear on pre-election slate cards.

Monks notes that PAC members "get terrific access to people who they don't normally get to talk to." During the recent mayoral campaign, for example, then-candidate and current mayor Willie Brown met with the group.

In addition to signing up for the campaign, Kick-Off attendees will meet with new supervisor Michael Yaki. Monks predicts that Yaki and the group will tack-

*Continued on Page 21*



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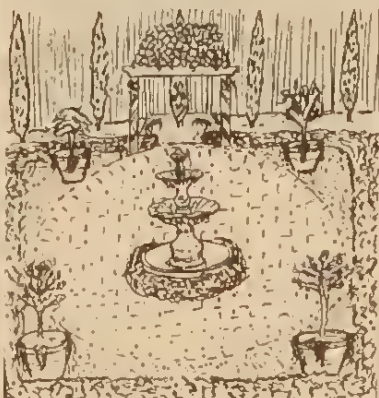
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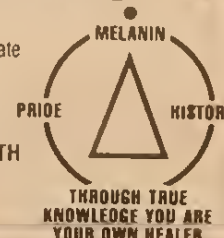
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# SHORT TAKES

Continued from Page 19

le such local issues as the handicapped ramps along Church Street and the proliferation of sidewalk "telecom boxes." The club will also discuss the controversial "California Civil Rights Initiative" on the November ballot.

Clinton/Gore placards and bumperstickers will also be available July 10. The proceedings start at 8 p.m. For more information, call Monks at 821-4087.

## Register for City College

After years of enduring mass media, rush-hour traffic, and upper management, not to mention beer, many of us suddenly hear a little voice in our head whispering, "Hey, you! It's gettin' dark in here. Turn up the lights!"

City College of San Francisco has a cure for the dreaded brain rot: education. Beginning July 29, new and readmitted students may register for fall semester classes simply by using a touchtone phone. In-person registration, at 50 Phelan Ave., begins Aug. 1. Either method may be used until registration closes on Aug. 9.

Classes begin on Monday, Aug. 19, and students may enroll on a space-available basis through Sept. 3.

The college offers both credit and non-credit courses. Credit courses cost \$13 per unit for all California residents, including those who have earned bachelor's or higher degrees. In addition, there is a \$10 health fee for students taking courses for credit. Noncredit courses are free.

To find out about the hundreds of classes being offered, pick up a schedule at any City College campus or public library branch. If you are not currently admitted, you should contact the school now to apply, so you'll be able to register at the end of the month.

For more information, call 239-3285.

## KQED Celebrates the Castro

In the old days, did you ever go dancing at Toad Hall, then take a sauna at Finnilla's—or shop at Cliff's variety store

on Castro Street when the surrounding neighborhood was called Eureka Valley?

Or in the *real* old days, did you ever meet friends from "San Francisco" when they tied up their horses at what is now the Twin Peaks at Castro and Market?

If you're an old-timer (pre-1995), who has photographs, videos, home movies, or other memorabilia documenting the history of the Castro District (also known as Eureka Valley), KQED Channel 9 needs your help. Our local public television station has launched production of *The Castro*, the third program in *Neighborhoods: The Hidden Cities of San Francisco*, its award-winning series celebrating the city's neighborhoods.

The documentary will chart the area's transformation from a primarily Irish and Scandinavian immigrant neighborhood into an internationally known symbol of gay liberation and culture. The program will also examine the rise of personalities such as Harvey Milk, and explore the effects of the AIDS epidemic.

Scheduled to premiere in March of 1997, the documentary follows earlier series installments profiling the Mission District and Chinatown. *The Castro's* producers have already tapped the archives of several Bay Area universities, libraries, and historians, but are eager to share your "one-of-a-kind" memorabilia with KQED's audience. If you can contribute, call KQED at 553-2850.

## S.F.'s Jewish Film Festival

Combies and bookies, playwrights and pianists, comedians and octogenarians, muckrakers and peacemakers — these and others populate the 16th annual San Francisco Jewish Film Festival, running July 8 through Aug. 7 at the Castro Theater, 17th and Castro streets.

This year's festival showcases the diversity and vitality of Jewish culture around the world, with a special focus on the Middle East peace process. The 49 films and videos from 12 countries, among which are six works from Bay Area directors, include one world premiere and nine national premieres.

The lineup features productions from France, Iceland, Germany, Canada, and the United States, along with several works from and about the Middle East, including *You, Me, Jerusalem*, the first documentary about that city co-directed by a Palestinian and an Israeli.

In addition to recently produced dramas, comedies, and documentaries, the festival will present *Shtick, Shmalz, and Shtereotypes*, a compilation of short films from Hollywood's pre-1940 "Golden Era," as well as a seminar, "Across the Great Divide: Immigration, the Arts and American Culture," focusing on issues of cultural identity in a pluralist society.

Pre- and post-film parties accompany screenings. For tickets, call 621-0564.

## Imagine Full Employment

When unemployment goes up, inflation goes down. And a few million unemployed is the price we have to pay for a manageable economy, right?

Not necessarily, says economist and teacher Dr. Thomas Sears. Sears, a Chattanooga Street resident, invites the neighborhood to join him in a discussion on the prospects for full employment, at the Noe Valley Ministry on July 17 at 7:30 p.m.

A speaker affiliated with the Full Employment Coalition, Sears says the unemployment rate can drop to as low as 2 percent without triggering inflation. He foresees most jobs in an expanding economy coming from the private sector, with companies capable of innovating "to pay higher wages and to pay more people."

The "Living Wage—Jobs for All" Act (H.R. 1050), a bill recently introduced by East Bay congressman Ron Dellums and supported by San Francisco congresswoman Nancy Pelosi, would revive the New Deal philosophy that sees a good job as a fundamental right for all Americans.

Sears and other members of the Full Employment Coalition will discuss the progress of this legislation and its implications at the July 17 talk.

For more information, call 397-4911.

*This month's Short Takes were written by Bill Yard.*

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# JULY - AUGUST

**JULY 1-31:** The Diamond Senior Center offers free WATERCLOSER CLASSES every Mon., Tues., and Fri. at 9 am. 117 Diamond St. 863-3507.

**JULY 2, 9 & 16:** The Noe Valley Library's preschool STORY TIME begins at 10 am. 451 Jersey St. 695-5095.

**JULY 2-30:** The S.F. Arthritis Foundation's program for people with ARTHRITIS continues on Tuesdays. 4:45-5:45 pm. Noe Valley Ministry, 1021 Sanchez St. 285-1831, 673-6882.

**JULY 3:** See Antoine LeBlanc, a rare blue-eyed white alligator, on FREE DAY at the San Francisco Zoo. 1 Zoo Road. 753-7174.

**JULY 3:** The San Francisco Mystery Bookstore holds a BDDKSIGNING by Diane Day, author of *Fire and Fog*. 4-5 pm. 4175 24th St. 282-7444.

**JULY 3, 10, 17, 24 & 31:** Parents are invited to bring their babies and toddlers to the LAPSITS at the Noe Valley Library. 7 pm. 451 Jersey St. 695-5095.

**JULY 3 & 18:** Economist DDUG DDWD leads a lecture/discussion on "Getting Our Heads Screwed on Straight About Current Economic Controversies and Proposals." 7 pm. Modern Times Bookstore, 888 Valencia St. 282-9246.

**JULY 3-AUG. 3:** VISUAL AID's third annual Granlee Exhibition features the diverse works of 35 artists. Wed-Sat., noon-5 pm. Space 743, 743 Harrison St. 777-8242.

**JULY 4:** My COUNTRY 'tis of thee, sweet land of liberty, of thee I sing

**JULY 4-7:** The San Francisco MIMETRUPE performs "Soul Suckers from Outer Space" in Dolores Park. 2 pm. 285-1717.

**JULY 5-7:** Studio Repertory Company SINGS Mozart's *Marriage of Figaro* Friday, 7:30 pm, and Sunday at 3 pm, and Rossini's *Barber of Seville* Saturday at 7:30 pm. Community Music Center, 544 Capp St. 431-8485.

**JULY 6:** Irwin Memorial Blood Center's Donor Mobile Truck seeks DONATIONS at Mavericks Coffee House from 10 am to 3 pm. 300 Chenery St. 749-6643.

**JULY 6:** ALAN RUSSELL signs his new mystery, *Multiple Wounds*, at the San Francisco Mystery Bookstore. Noon-1 pm. 4175 24th St. 282-7444.

**JULY 6:** Charles Rus performs an ORGAN CONCERT of works by American composers Conte, Hampton, and Phillips. 5 pm. St. John the Evangelist Church, 1661 15th St. 861-1436.

**JULY 6 & 7:** The Cannery's 1996 PEACH FESTIVAL benefits Special Olympics; events include tastings, demonstrations, music, and baked goods for sale. 11 am-5 pm. 2801 Leavenworth St. 771-3112.

**JULY 7, 14, 21 & 28:** Community Music Center presents the INA CHALIS OPERA Ensemble performing Puccini's *Gianni Schicchi*. 7 pm. 544 Capp St. 647-6015.

**JULY 8:** The Diamond Senior Center's BIRTHDAY PARTY and Independence Day dance begins with a luncheon at noon. 117 Diamond St. 863-3507.



Fresh from their European tour, singer Penelope Houston and her band stop by the Noe Valley Music Series at the Ministry July 26.  
Photo by Jay Blakesberg

**JULY 9:** The classic *Emma*, starring Marie Dressler, begins the Diamond Senior Center's free FILM FESTIVAL. 10 am. 117 Diamond St. 863-3507.

**JULY 9 POETS K. L. Hill and John High** read at Keane's 3300 Club. 7 pm. 3300 Mission St. 333-3494.

**JULY 10:** The Noe Valley DEMOCRATIC CLUB launches its Clinton-Gore campaign, and introduces Supervisor Michael Yaki. 8 pm. Noe Valley Ministry, 1021 Sanchez St. 821-4807.

**JULY 10-28:** Josie's Cabaret presents Scott Capurro's comic SDLO PERFORMANCE, "The Doctor Is On." Wed-Sun., 8 pm. 3583 16th St. 861-7933.

**JULY 11:** MAKE\*A\*CIRCUS performs "Little Nemo in Slumberland" in Glen Park at 12:30 pm. 805worth and D'Shaugnessy Blvd. 242-1414.

**JULY 11:** The San Francisco Council of District Merchants micro beer and PIZZA PARTY includes guest appearances by supervisors Barbara Kaufman, Susan Leal, and Michael Yaki. 6:30-8 pm. Anchor Steam Brewery, 1705 Mariposa St. Mail required advance payment of \$7.50 per person to SFCDMA, P.O. Box 31802, S.F., CA 94131, by July 8.

**JULY 11:** FRIENDS of Noe Valley's meeting features a presentation of art proposed for Muni ramps by Tirso Gonzalez. 7:45 pm. Noe Valley Library, 451 Jersey St. 695-9502.

**JULY 11:** Althea Productions sponsors a LESBIAN SEMINAR focusing on building and maintaining loving relationships. 7:30 pm. Bernal Books, 401 Cortland St. 648-3658.

**JULY 12:** Mystery writer KAREN KJEWSKI signs her new book, *Honky Tonk Kat*. San Francisco Mystery Bookstore. 3-4 pm. 4175 24th St. 282-7444.

**JULY 13:** Natural Resources offers a class in infant and CHILD CPR. 2-5:30 pm. Bethany Methodist Church, Clipper and Sanchez St. 550-2611.

**JULY 13:** The Noe Valley MUSIC Series at the Noe Valley Ministry hosts Ancient Future, an acoustic world-tusion quartet led by Matthew Montfort. 8:15 pm. 1021 Sanchez St. 282-2317.

**JULY 13 & 27:** The San Francisco League of Urban Gardeners (SLUG) gives a free COMPOSTING workshop. 10 am-noon. Garden for the Environment, Lawton at 7th Ave. 285-7585.

**JULY 13-AUG. 22:** Photographer Lance W. Keimig exhibits SCOTTISH LANDSCAPES at the Church Street Gallery at Just Desserts. 248 Church St. 753-9827.

**JULY 14:** The Noe Valley Ministry's CANTATE service of chanting, meditation, and prayer begins at 7 pm. 1021 Sanchez St. 282-2317.

**JULY 17:** The FULL EMPLOYMENT Coalition hosts a discussion of their principles. 7:30 pm. Noe Valley Ministry, 1021 Sanchez St. 648-1164.

**JULY 18:** LA LECHE LEAGUE's monthly meeting discusses the art of breastfeeding and how to avoid difficulties. 12:15 pm. Upper Noe Rec Center, Day & Sanchez. 282-7816.

**JULY 18:** New Dawn Yoga Therapy hosts a class in VEGETARIAN COOKING in the Noe Valley Ministry kitchen. 6-8 pm. 1021 Sanchez St. 285-1831.

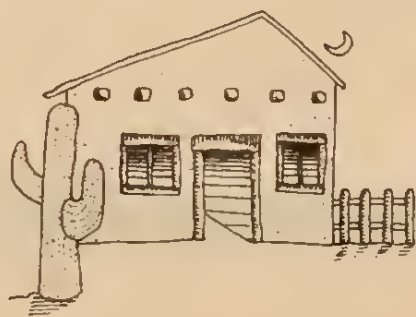
**JULY 19:** V. Vale, former publisher of RE/Search, discusses ZINES. 7:30 pm. Modern Times Bookstore, 888 Valencia St. 282-9246.

**JULY 20:** Judy Macks leads a one-day WORKSHOP FOR MOTHERS, "Beyond the Balancing Act." 9 am-5 pm. St. Aidan's, Goldmine Drive and Diamond Heights Blvd. 821-2310.

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# CALENDAR

**JULY 20:** The Friends of the Urban Forest lead a TREE TOUR of Dolores Heights and the Liberty Hill neighborhood. 10 am–noon. Meet at Church and 20th St. 543-5000.

**JULY 20:** BDDKS BY THE BAY, an open-air book fair, offers readings, live music, and children's activities to kick off National Independent Bookstores Week (July 20–27). 10 am–4 pm. The Embarcadero, adjacent to the Ferry Bldg. 927-3937

**JULY 20:** DAVKA performs a blend of klezmer, world music, and chamber music at the Noe Valley Ministry. 8–15 pm. 1021 Sanchez St. 282-2317

**JULY 21:** The S.F. Mystery Bookstore holds a BDDKSIGNING by John Morgan Wilson, author of *Simple Justice* 2–3 pm. 4175 24th St. 282-7444.

**JULY 23:** Lisa Atkinson leads an INTERACTIVE MUSIC program for preschoolers. 10 & 11 am. Noe Valley Library. 451 Jersey St. 695-5095.

**JULY 24:** Mystery writer T. JEFFERSON PARKER signs his new book, *The Triggerman's Dance*. S.F. Mystery Bookstore. 4–5 pm. 4175 24th St. 282-7444

**JULY 24:** The California Native PLANT Society sponsors a discussion of Native American contributions to the local ecology. 7–30 pm. County Fair Building, 9th Ave. and Lincoln Way. 282-5066.

**JULY 25:** Former Black Panther JAHNNY SPAIN reads from his autobiography. 7–30 pm. Modern Times Bookstore, 888 Valencia St. 282-9246

**JULY 25:** UPPER NOE NEIGHBORS' agenda includes Supervisor Barbara Kautman discussing the Neighborhood Services Dept., condo development at the former site of St. Paul's School, and a Muni presentation of ramp artwork. 7–30 pm. Upper Noe Rec Center, Sanchez at Day St. 641-5989.

**JULY 26:** The Noe Valley Music Series at the Noe Valley Ministry presents PENELOPE HOUSTON. 8–15 pm. 1021 Sanchez St. 282-2317

**JULY 26 & 27:** The Community Music Center Orchestra performs a benefit SUMMER CONCERT. 8 pm. First Congregational Church, Post and Mason St. 647-6015

**JULY 26–28:** The sixth annual S.F. JAZZ FESTIVAL at Embarcadero Center offers three stages of musicians performing big band to modern jazz. Call 864-5449 for a schedule of events.

**JULY 27:** JAMES LEE BURKE signs his new mystery, *Cadillac Jukebox*, at the S.F. Mystery Bookstore. 1–3 pm. 4175 24th St. 282-7444.

**JULY 27:** Residents at the southern end of Noe Street, from 30th to Miguel, hold the eighth annual Laidley Street BLOCK SALE. 10 am–4 pm. 550-1953.

**JULY 27:** The Noe Valley Library holds a class in "How to Make PAPER AIRPLANES," for children 6 and older. 1 pm. 451 Jersey St. 695-5095

**JULY 28:** The S.F. Mystery Bookstore holds a BDDKSIGNING by Dennis Lehane, author of *Darkness*, *Take My Hand*. 2–3 pm. 4175 24th St. 282-7444



Kid jugglers can get into the act at Make "A Circus" July 11 performance of "Little Nemo in Slumberland" in Glen Canyon Park. Photo by David Allen

**JULY 30:** The 3300 Club hosts a reading by PDETS Dorianne Laux and Joe Millar. 7 pm. 3300 Mission St. 333-3494

**JULY 30:** Diamond Senior Center shows the classic FILM *Queen Christina* at 10 am. 117 Diamond St. 863-3507

**JULY 30:** The Noe Valley Library shows FILMS for preschoolers at 10 and 11 am. 451 Jersey St. 695-5095.

**AUG. 4:** The S.F. Mystery Bookstore holds a BOOKSIGNING by Kate Wilhelm, author of *Malice Prepense*. 2–3 pm. 4175 24th St. 282-7444

**AUG. 6 & 13:** The Noe Valley Library's preschool STORY TIME begins at 10 am. 451 Jersey St. 695-5095.

**AUG. 7:** Mystery writer ANN RIPLEY signs her new book, *Death of a Garden Pest*. S.F. Mystery Bookstore. 4–5 pm. 4175 24th St. 282-7444

**AUG. 7, 14 & 21:** Parents are invited to bring their babies and toddlers to the LAPSITS at the Noe Valley Library. 7 pm. 451 Jersey St. 695-5095

**AUG. 8:** Neighborhood residents are welcome at the monthly meeting of FRIENDS of Noe Valley. 7–30 pm. Noe Valley Library. 451 Jersey St. 695-9502

**AUG. 13:** POETS Lonnie Hult Dupont and James Cagney read at the 3300 Club. 7 pm. 3300 Mission St. 333-3494

**AUG. 15:** LA LECHE LEAGUE'S monthly meeting explores "Nutrition and Weaning." 12–15 pm. Upper Noe Rec Center, Day & Sanchez. 282-7816.

**AUG. 18:** The S.F. Chronicle's free COMEDY CELEBRATION DAY promises performances by 16 comedians. Noon–4 pm. Sharon Meadow in Golden Gate Park, corner of John F. Kennedy and Kezar Drive. 777-8498.

**AUG. 18:** The S.F. MYSTERY Bookstore hosts Jerry Kennealy signing *The Conductor* at Moose's Restaurant. 2–5 pm. 1625 Stockton St. 282-7444

**AUG. 20:** The Noe Valley Library screens FILMS for preschoolers at 10 and 11 am. 451 Jersey St. 695-5095.

**AUG. 27:** DIANE DIPRIMA and Chari DiPrima read poetry at the 3300 Club. 7 pm. 3300 Mission St. 333-3494

## Calendar Takes A Short Vacation

The next issue of the *Noe Valley Voice* will be our special *Summer Literary Issue*, featuring the winners in the 1996 fiction, poetry, and essay contest. For that reason, the *Voice* is taking a break from news features and calendar items for the month of August. Never fear—we'll return with all the burning issues, as well as our regular calendar of events, in September.

To get your notice in the next news edition, which will be distributed in Noe Valley and surrounding neighborhoods on Wednesday, Aug. 28—please send us the item by Aug. 15. Mail it to *Noe Valley Voice Calendar*, 1021 Sanchez St., San Francisco, CA 94114, or e-mail to [noevalsal@aol.com](mailto:noevalsal@aol.com).

Calendar questions or last-minute additions should be directed to Calendar Editor Karol Barske at 285-6347. Note that items are published on a space-available basis, with Noe Valley events receiving priority. Thank you



## LET'S TALK REAL ESTATE

with Susan Olk and Paul Holzman

### When Sellers Should Beware

You have contacted four brokers in your effort to find a Realtor to list your home in the Noe Valley Section of San Francisco, and you have asked each of them to stop by for a listing presentation. Three of the four agents come in with written analyses that indicate you will probably get less for your home than you had hoped for. The last Realtor is the town optimist and a "marketing whiz", who thinks that your home will sell for much more than the competition. After all, it just takes finding one person who is willing to pay your price—right?

Some Realtors approach a listing appointment as if they are bidding for your home. Sellers often start out with an unrealistic opinion of their home's value, and there is often a strong temptation to go with a person who says what you want to hear. A good Realtor will back up their opinion of your home's value with hard data. The agent should give you information about homes that are currently on the market, and also recent selling prices of properties similar to yours. The most heroic marketing efforts won't work on a property that is overpriced. Even if you find a buyer who is willing to pay more than your home is worth, the sale could fall apart when the appraisal comes in at a lower amount than the agreed-upon price.

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# ShipShape Throws a Lifeline to the Disorganized

By Michele Lynn

Feeling overwhelmed? Too many things to do, places to go, people to see? Too much junk mail, fax mail, e-mail... papers, photos, mementos to sort?

You might want to talk to Castro Street resident Deborah Silberberg. She's a professional organizer who regularly throws a life preserver to people drowning in a sea of chaos.

Silberberg is the proprietor of ShipShape, an organizing consulting business specializing in homes, offices, and relocations. "We keep you afloat in the '90s—that's our motto," she says. "Basically, we do anything that will help our clients be more productive and get the work done, from time management to coaching to goal-setting to parties."

Silberberg, 41, became a professional organizer 12 years ago while working for Citibank in her native New York.

"I'm a puzzle person," she says. "I like to solve things. A friend told me that I was good at this and said, 'Why don't you do this for a living?' So I thought, Why not?"

She started out doing bookkeeping and financial management, "but I saw a need for other things, like organizing closets, garages, and file systems."

When she moved to San Francisco in 1989, "I put my ad in the *Noe Valley Voice* first thing." For the first three years, Silberberg says, all of her clients lived in Noe Valley. Now about 60 percent do. "Noe Valley people understand that they will bring more value to their lives by spending money to use services that help them."

Asked for ideas on how to cope with small apartments and lack of closet space, Silberberg kiddingly responds, "Move to a bigger place!"

But in a more serious vein, she advises, "Look at how much of your living space you are using for storage. If you're paying \$1,000 a month in rent, and you're using 25 to 30 percent for storage, aren't you actually paying \$300 a month for storage? You can find a storage space that's cheaper, or get rid of the stuff, put it somewhere else in your home, or donate it. Eliminate nonessentials."

That's not all. "Create an inventory system so you can identify where things are and so they're not right in your face. Put things in boxes. The more uniform you can make it, the more it will stay organized. Use the same boxes, stacked on top of one another, labeled, with an inventory list. I'm very much in favor of building up. Get things off the floor and off the table. Put shelves up. Your walking area is prime real estate. Anything you can do to clear your line of vision is helpful."

Many Noe Valley residents who work out of their homes face the dilemma of separating their professional and personal lives. "So it's important for people to take themselves seriously and allow their home office to meet their needs," Silberberg says. "It doesn't have to be just a little place off the kitchen."

"Everyone needs a home office, whether they work at home or not," she maintains. "We need to channel the stuff that comes into our lives—and to be as clear as possible as to what the borders are between home and office items—to save time, space, and energy."

Her first suggestion is to create a schedule and then allow your work to fit into it. "If you have a client-based business, don't let your clients run the



Professional organizer Deborah Silberberg and assistant Sylvia Borchert (foreground) help client Joe Thorn "open the mail over the pail." Photo by Tom Wochs

business. You should run the business. You determine your time, when you want to take breaks, when you want to take days off—and then you fit in your clients.

"Otherwise, you will be all over the place and not focused. Write into your calendar your lunch break, your gym time, etc., so that you can have boundaries. When you have your own business, you can end up doing it 24 hours a day, seven days a week, if you're not careful."

Next, set up the office so that the work flows in a logical progression. "The first thing you should see when you enter your office is the place you bring new materials to. You should also have garbage pails there, so you can prevent anything from going into the office that might add to the clutter," she says.

It's also wise to "create a holding place for the projects that you're going to work on, a sacred space for the work, and a working space—computers, fax machines, telephone, an accessible filing system, whatever you need. Put the storage and filing in such a way that they don't intrude on your prime real estate area."

Silberberg says there's no one kind of person who uses her services. "Our clients are individuals, professionals, moms, retired people, and corporations." But people do typically call and ask ShipShape to bail them out when they're in a crisis.

She tries to do more than just mop up. "My goal is to put myself out of business. I want to show someone how to do something and empower them so they can maintain their own system."

Does Silberberg organize herself as well as she does others?

"I'm not compulsive, and I believe that people who are compulsive don't make good organizers, because there is too much judgment involved," she says. "My number one thing is that perfection is never an option. I really think it paralyzes people. My home and office looks like yours, but the difference is that I have a backbone of

a system where things fall into place so that nothing gets past a certain point. If you can find something within five minutes, you're organized enough."

Silberberg has developed a list of 10 ways to get rid of clutter in your life. "The two items from my Top Ten list that seem to hit a nerve with people are: *Open the mail over the pail*, and *Neatness does not equal organization*," she says.

"Our parents and grandparents could keep their papers together in a shoe box and it wasn't a big deal, but we can't do that. We're inundated with too much stuff. So it is important to eliminate as much clutter from the start as possible."

To help you remember her system, Silberberg has devised an acronym:

**S—Simple.** Keep it that way.

**H—Help.** Let an expert help you.

**A—Accessibility.** Keep it close by.

**P—Personal.** Give it your own personal thread of logic and aesthetics.

**E—Essential.** Organizing is essential.

"Everybody is organized on some level," says Silberberg. "If you get through the day, if you have a job, if you have kids or a relationship, then you are organized to some extent because you are able to make decisions, and prioritize sufficiently to get stuff done. But you may not be as organized as you'd like to be—and that's where we can help." □

Silberberg's fees vary according to the job. For more information, call her at ShipShape, 550-0658.



## Top 10 Ways to Organize Clutter in Your Life

Professional organizer Deborah Silberberg has come up with a Top 10 List of ways to sort out your life:

### 10. Open the Mail over the Pail

- a) Buy lots of garbage pails and recycling bins; place them everywhere.
- b) We all have too much paper in our lives!
- c) Take your name off mailing lists.

### 9. Time Is the Currency of the '90s

- a) Make appointments with yourself to "declutter."
- b) Give your appointment the same clout as you would lend to any professional person.
- c) Set realistic time limits on the decluttering. Stop when you feel yourself waning!

### 8. You're Already Organized

- a) Focus on the numerous things you organize every day.
- b) Make a list of those daily/weekly activities.
- c) Take one activity and break down its steps. That's your personal organizing system.

### 7. Decisions Are the Enemy of Clutter

- a) Choose broad categories as holding places. Three D's: Do, Delegate, Dump.
- b) When sorting, give yourself no more than 10 seconds to identify the holding place for each item.
- c) No judgments! If it's not the best choice, give yourself permission to change it later.

### 6. If It's Urgent, Keep Your Eye on It

- a) Large bulletin boards.
- b) Use a write-it bulletin board as a monthly/weekly calendar.
- c) Tickler System—take the "Do" holding place listed in #7 and sort into days or weeks. This must be checked on a regular basis!

### 5. Move and Groove

- a) When a "Do" is done, it becomes a "Delegate." Place it in a new holding place for future filing.
- b) Keep your file drawers current. Archive, store, or trash all materials not needed for reference or resource.
- c) Hanging folders on frames are an essential tool.

### 4. Neatness Does Not Equal Organization

- a) Function is the #1 priority.
- b) If you can find it in five minutes or less, you're organized.

### 3. Do What You Do Best... Let Someone Else Do the Rest

- a) We could all use our own office staff.
- b) The more you delegate, the more productive you become.
- c) Asking for help is a sign of strength.

### 2. It's a Process

- a) Your clutter did not accumulate overnight. Don't expect it to disappear overnight.
- b) Be gentle with yourself.
- c) Each step is an accomplishment. Be sure to reward yourself with something special.

### 1. Perfection Is Never an Option

- a) Perfection is never an option!
- b) Perfection is never an option!
- c) Perfection is never an option!

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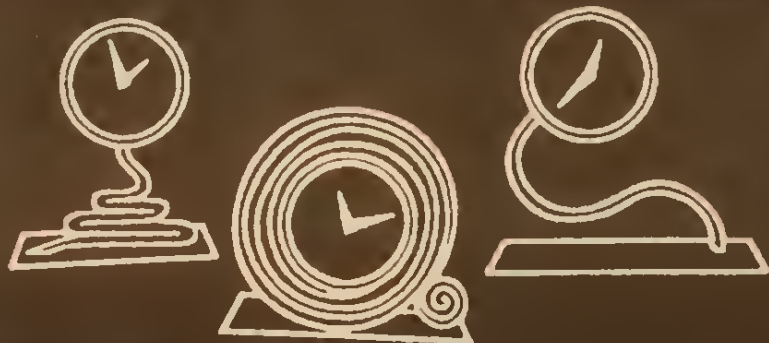
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# STORE TREK

**Paper Plus**  
1309 Castro St.  
643-9954

It never fails. Martha Stewart calls to say she's dropping by for tea with Charlotte Swig in tow, and you don't have a single paper doily in the house. Well, now you can stock up on paper napkins at Paper Plus. The napkins sell for 10 to 70 percent off retail, and are pretty enough to make even Martha green with envy.

Paper Plus, located next door to Walgreen's on Castro (in the spot formerly occupied by Vasquez Optical), stocks discounted stationery goods—"discontinued designs, quality close-outs, and overstocks from various companies," says manager Phillip Schurman. There are some good deals on wrapping paper and paper party goods, plus a large selection of greeting cards at 50 percent off regular prices.

"I lived on Clipper for five or six years and really had my eye on this neighborhood for a long time," says Schurman, who runs three other Paper Plus stores in Berkeley, where the chain got its start.

"There are so many families here in Noe Valley, but there wasn't anyplace near 24th Street to do one-stop shopping for kids' parties," says Schurman. Now, busy moms and dads have a great selection of complete sets of theme party goods to choose from, from invitations to thank-you notes to loot bags. Whether you pick Winnie the Pooh or Power Rangers, filling the loot bags will be a cinch too, as the shop also stocks a selection of stickers, balloons, and small toys.

Don't forget to check out the hargain



Paper Plus, a new stationery store on Castro Street, has theme party supplies from Winnie the Pooh to Power Rangers.

basement, which is just a few steps down from the main floor at the back of the store, currently stocked with boxed Christmas cards for \$1.50 (originally priced \$9.50 to \$12.99) and Christmas wrapping paper at 95 cents per 15-foot roll.

"We'll be adding more products and gifts in the future, but we're not always sure what we'll be getting," says Schurman. So stop by to see what's new.

Hours are 10 a.m. to 6 p.m. Monday through Saturday, and noon to 5 p.m. on Sunday.

—Melanie Norden

**Mavericks Coffee House**  
300 Chenery St.  
584-7759

"We're very dog-friendly here," asserts Jim Shalar, co-owner of Mavericks Coffee House, located midway between

Noe Valley and "downtown" Glen Park. "We set out bowls of water when neighbors bring in their dogs."

Canine conviviality is only one of the qualities that distinguishes Mavericks. This eclectic cafe at the corner of Miguel and Chenery streets is a worthy successor to such Noe Valley hangouts from the '70s as the Acme Cafe and Meat Market Coffeehouse. It's a funky place of, by, and for local folks, and it's cohled from lots of elbow grease and a sense of responsibility to the surrounding neighborhood.

Shalar and co-owner David Hymes, city natives and buddies since childhood, opened Mavericks last March. Shalar, a surfer, used to hang out at a surf spot in Monterey called Mavericks. Hymes, a carpenter whose craft is reflected in the extensive interior woodwork, favors a country-western band known as the Mavericks. Hence, the coffeehouse name.

This surfer/cowboy dichotomy carries through to the decor, which combines a variety of modes of transportation (surfboards, bikes, skates, and a sled) suspended from the walls and ceiling, with a half-dozen cacti, comfortable garage-sale sofas and chairs, and marble-topped tables (excellent for writing).

Perhaps the most dramatic decoration is the 1926 Harley parked smugly above the entrance. The cycle stands as a cruel reminder to the owners, who "had to sell our Harleys to get in here," Shalar laments.

Mavericks serves the gamut of coffees, teas, juices, Italian sodas, and baked goods (bagels, scones, muffins, croissants), as well as four hearty sandwiches, including roast beef and turkey. Shalar is hoping to add fine wines and microbrews in the future.

Typical of the cafe's activities is a blood drive scheduled from 10 a.m. to 3 p.m. on July 6. Shalar talked his local Odwalla rep into co-sponsoring the event: donors can expect "a pint of juice for a pint of blood," the latter of which will go



San Francisco natives Dave Hymes (left) and Jim Shalar named their Chenery Street coffeehouse for a favorite surf spot and country-western band. Photos by Charles Kennard

to Irwin Memorial Blood Bank.

The joint also features live music on Friday nights, with open mikes on Thursdays (poetry) and Saturdays (music).

Mavericks is open Wednesday through Saturday from 6:30 a.m. to 10 p.m., and Sunday through Tuesday from 6:30 a.m. to 7 p.m.

—Bill Yard

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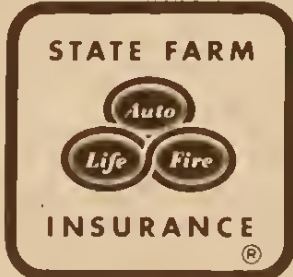
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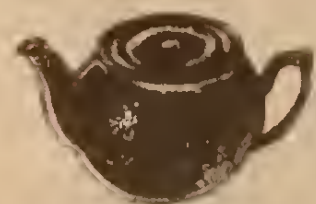
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# Let BYLINES Be BYLINES

## Pigeons and Running

By Dean Farwood

Today I said good morning to the "Pigeon Lady" of Sanchez Street. I've passed her a number of times while jogging. Her house is on my Sanchez-Church Street loop.

In the early morning during my first loop, the pigeons lurk about on nearby houses and phone wires. (Oddly enough, they don't camp out on the Pigeon Lady's own dilapidated house.) Then about 7 a.m., she shuffles out—an old, wrinkled woman wrapped in layers of sweaters and scarves, carrying bags of bird feed. The pigeons descend en masse. The Pigeon Lady stands among them strewing food. Those on the periphery, near the street in which I run, rise flapping in annoyance as I pass, but they quickly settle again.

By my second loop 15 minutes later, most of the pigeons have gone, and the Pigeon Lady is cleaning pigeon droppings off the parked cars or using water and an old broom to scrub the sidewalk. Sometimes, on a subsequent loop, the feeding scene is repeated. At other times, the sidewalk and utility wires are nearly empty of birds.

Before today, neither the Pigeon Lady nor I had acknowledged each other during my runs. I've noticed the wooden owls mounted on the neighbors' houses, a seemingly futile effort, since there is evidence of pigeon presence on virtually all the surrounding houses. I've often thought, as a homeowner myself, how angry I would be if I lived across the street from this pigeon plague, how I would ruminate about my property values being significantly depressed by one woman's aviary

obsession, and how derisive I would be about the city's weakness in applying the letter of the pigeon-feeding law in her case.

Apart from making an effort to clean up after the feathered feeding frenzy, she seems to show no interest in her human neighbors. I have never felt like saying good morning to her before.

I am training to run the New York Marathon—26.2 miles through the five boroughs of New York City. I ran it once before, on our honeymoon, nearly 10 years ago, but since then, and after only two marathons, I stopped running, moved to Noe Valley, and devoted my time to wife, child, and work. I passed age 40, gained 30 pounds, and developed heart rhythm problems. Now I am reclaiming my health by running.

Distance running presents many challenges. One must build up the body's cardiopulmonary endurance, develop the ability to take prolonged pounding of the feet, knees, and hips without sustaining significant injury, and cultivate the discipline to push through the harder phases of training. To the non-runner, distance running must seem boring, but in fact it requires a significant amount of concentration to be able to "listen" to the body and adjust the pace, stride, and form to suit the current situation.

I find listening to music while run-

ning too distracting. There are irregularities in the surface of the street that, if overlooked, can cause a sprained ankle or worse. There are drivers who have no common sense, and one must remain alert for their unpredictable swerves and accelerations.

One must frequently evaluate the significance of various pains experienced while running—twinges from the knee, dull aching from the calf. One must stick to an overall plan and not allow the speed of other runners to upset a prudent pace. One must take strict control over nutrition, both in meals and during running. I carry two bottles of an electrolyte fluid to avoid dehydration, and glucose bars to stave off hitting "the wall." And one must constantly reassess and refine the various aspects of the training regimen.

Yes, training for a marathon may appear to be an obsession, but it is a difficult thing to run 26.2 miles, and those who cannot concentrate on the details or

who don't have the discipline to train effectively will visit the gates of hell during the marathon.

The Pigeon Lady does not face the physical challenge of the marathon, but she has, no doubt, completed her regimen day in and day out for many, many years. She has done so in the face of the fury and derision of neighbors, assaults by neighborhood committees (which in Noe Valley can be self-righteous in the extreme), threats from government authorities, and the taunts of children. Yet she persists at her own pace.

I was thinking these thoughts this morning as I ran by, and realizing the similarities between us and trying to show my support for her eccentricities, I said, "Good morning." But she did not respond.

She has taken no respite from her labors, as I did from running for 10 years. And she will not be distracted by a morning salutation from a foolish-looking exerciser with sloshing bottles strapped to his waist and wearing hundred-dollar running shoes.

Perhaps when I am as focused on my fluttering heartbeats as she is on her pigeons, I'll not respond to a suspect good morning either. □

*Dean Farwood is a physical therapist who lives on Jersey Street.*

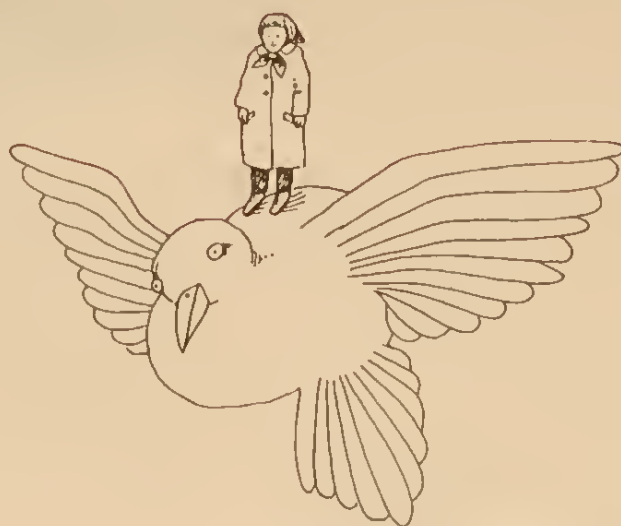


Illustration by Karol Barske

## Drop Us a Byline

The Noe Valley Voice welcomes submissions of essays, op-ed pieces, and first-person reflections, particularly those relating to Noe Valley people and pastimes. Mail manuscripts (which should be typed, double-spaced, and fewer than 1,000 words) to the Noe Valley Voice, 1021 Sanchez St., San Francisco, CA 94114. A phone number would be nice, too. □

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Illustrated Reminiscences  
by Florence Holub

## The Year I Married Richard

It was eight years ago on the sixth of August, 1988, that I married Richard. The ceremony took place just a few miles outside the small town of Grass Valley in the Sierra Foothills. I had the full approval of my husband, Leo.

The rustic outdoor chapel was in the Alta Sierra Biblical Gardens, a sculpture garden off a rural road in a beautiful wooded glen, with oak and pine trees, manzanita, wild azalea, and a gurgling stream skirting a dirt path. Along the path was a large statue of Moses, holding his tablets of stone in one arm and pointing upward with the other.

The entrance was guarded by a pair of cavorting cupids. Wooden benches were placed around the bowl-shaped chapel. At the altar, I stood beneath a colorful stained-glass window, which hung suspended between tall evergreen trees.

But before I go on, I must explain that I am not a bigamist! I myself did not actually marry Richard. I merely performed a nuptial ceremony, uniting Leo's nephew, Richard, with his high school sweetheart, Sherri.

The right to officiate in this capacity was bestowed upon me in the '70s by the "Modesto Messiah," as the Rev. Kirby J. Hensley refers to himself. His Universal Life Church is based in Modesto, and during the "hippie" years, he was highly visible and extremely vocal throughout the country.

It was on a local radio station that I happened to hear his generous offer to ordain into his ministry anyone who sent him a check or money order for twenty dollars. His audacious discourse was irreverent, hilarious, and completely irresistible! Consequently, there are millions of mail-order ministers throughout the world, including a president of the United States (Lyndon Johnson), a governor of Texas (Ann Richards), the Beatles, my nephew John, and me!

After sending in my check, I received lifetime credentials entitling me to perform all ministerial services such as baptisms, marriages, and funerals, and to conduct church services.

At the time, it seemed like a great idea, but any plans I had to exploit my easily acquired status failed to materialize during the years that followed. Occasionally, Leo or I offered my services for a wedding of someone close to us, but they always had other plans. So we were surprised when we heard from our Grass Valley relatives one summer.

They were in desperate need of a preacher, and one of them had suggested the Reverend (snicker, snicker) Florence Holub. I was the perfect choice, since they only needed someone to go through the motions. You see, Richard and Sherri were already legally married—they'd just never had their dream wedding.

Upon graduation from high school, Richard had joined the Air Force and was sent to Texas for basic training. Sherri visited him there, and on one of these trips they were quietly married. When he was sent overseas to Okinawa, she went with him, and found employment on the base while he served as a dental technician.

But they harbored the desire to have a second, "proper" wedding, and in their spare time made plans for an extravagant ceremony, which they hoped to have while Richard was on leave, this time in their hometown.

Well, this "Reverend" felt privileged to be asked (finally!) to perform a wedding, and was determined to give serious consideration to the wording of this admirable young couple's nuptial vows.

I decided to put together what Leo and I would have wished to hear at our own wedding (which took place in 1941, with a minister who was, shall we say, less than scintillating).

Having spent weeks poring over every book I could find, I borrowed and pilfered from too many passages to give credit to or apologize for here. But this is how it went:



"We are gathered together to celebrate the marriage of this man and this woman, and to witness the renewal of their nuptial vows. There is nothing so sweet in life as love's young dream—two single, separate, and different beings brought together by a magical attraction can, with wisdom and patience, fit together perfectly. Cementing this relationship, making it enduring, is a vital bonding agent: mature, mutual love.

"The bridal path may not always be smooth. The path may have stumbling blocks. These are 'testing blocks,' testing the strength of your commitment, the depth of your love for each other.

"What is love? Today we see it shining in your faces, but you cannot live in the world of people and avoid troubles, any more than we can avoid the changing weather. Total love is the only solution to all our problems—obviously true, obviously unattainable.

"As St. Francis said in his prayer: Seek not so much to be consoled as to console. Seek not so much to be understood as to understand. Seek not so much to be loved as to love. For it is in giving that we receive. It is in pardoning that we are pardoned. And it is in loving that we are loved."

I was satisfied with the text, which I would, this time around, be shared with family and friends, at a wedding with all the trimmings.

The young couple busily took care of most of the details themselves, from that island on the faraway edge of the Pacific Ocean.

Sherri designed her own gown and had it custom made in Okinawa, of white satin, with overlays of lace and accents of crystal and pearl beads that she sewed on herself. She designed a long ruffled train that would look elegant as she walked down the aisle of a church.

The family took care of the local tasks. They were unable to find an

unbooked church, however, so when they learned that the chapel in the Biblical Gardens was available, they snapped it up.

On the day of the wedding I stood nervously below the stained-glass window as the guests arrived. Then the young, fashionably clad wedding party came into view. The girls were wearing high-heeled pumps, yet after climbing uphill the distance of a city block, on a winding dirt path, they still looked unruffled!

The bride's attendants wore royal blue, tea-length flared dresses, and garlands of bows and flowers on their heads. The groom and his attendants wore white tuxedos with tails, and, despite the hike up the hill, their white shoes remained immaculate. I suspect that a lot of sneakers were hidden in the bushes!

Last came the bride, wearing a cascading wreath of white flowers instead of a veil, so she wouldn't miss a thing. Her long train had to be folded carefully and carried up the dirt path to the chapel entrance. There she waited for a sheet of plastic to be spread out to keep the yards of trailing white ruffles from mopping up the earth floor.

The chapel grew quiet, and as the bridal party lined up facing the altar expectantly, I began to speak: "We are gathered here..."

At first the words came easily, but in the middle of my speech something strange happened to my mouth. It had become dry, and my tongue was stiff and uncooperative. I could barely form the words, which started coming out in a hoarse whisper.

As I struggled to squeeze out "Do you, Sherri..." Sherri's eyes flew open with concern. Apparently, my distress was so abundantly evident, she was anxiously thinking, Oh, Aunt Florence, please make it through to the end of the ceremony!

Fortunately, I was able to stay with it until the last "I do," and then the couple turned away to receive the good wishes of their guests, leaving me to recover.

Following the wedding, a sumptuous reception was held at the American Victorian Museum in Nevada City, Grass Valley's sister city. Then the twice-married couple returned to



Okinawa for another 15 months, until his tour of duty was completed.

When they moved back to California, Richard enrolled in college, majoring in engineering while working part-time as a dental technician. Sherri found her place in the business world.

They were both successful in their pursuits, but, I'm sorry to say, their marriage did not last. We were surprised when this young couple parted after 10 years, because they had always tried to do everything right and proper!

When I told our son Eric about the divorce, his response was short and sobering: "You may be sued for malpractice."

I wasn't, but if ever I am asked to officiate again, I will have to excuse myself, on the grounds that I don't do windows anymore—stained-glass windows, that is!



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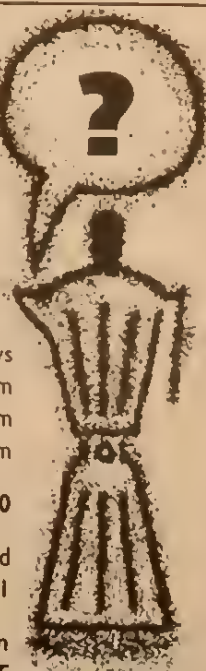
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## Read On Write In Trip Out

**Up in the Air.** Clipper Street resident Micki Ryan knows hills. But in order to get higher, she traveled to Peru and visited the famed Machu Picchu. In that rarefied atmosphere, she needed her hometown rag to stay grounded. "The Voice was a big hit in Peru," said Ryan. "My friends there, who are studying English, kept my copy to practice their reading."



**Noe Valley Native** Zena Hitz was visited in Cambridge, England, this March by her mom, Voice columnist Ruhama Veltfort, who photographed (part of) her in front of King's College. Zena, who has earned a degree in philosophy, couldn't keep her nose out of the February classics edition of the Noe Valley Voice. But she would like to say hello to her former co-workers at Streetlight Records on 24th Street.



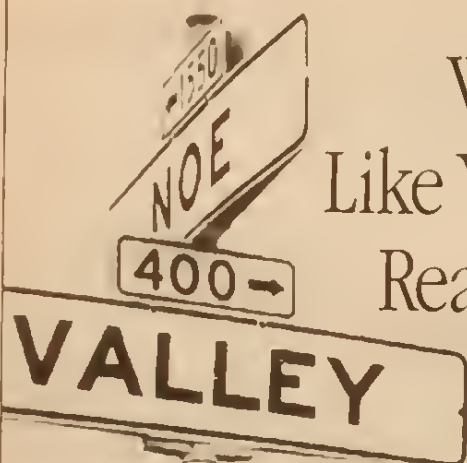
**Aloha, 28th Street.** A homesick Shanta Bulkin suffered through 2 1/2 weeks on the Hawaiian island of Kauai by reading the Voice again and again. Apparently the scenery of the Na Pali Coast was not quite as intriguing as the Rumors column. Photo by Ann Bulkin



**More News from the Top:** Sister Mary Berchmans is a long way from her home on Dolores Street, resting here on Table Mountain in Capetown, South Africa. As the busy head nurse of the St. Anthony Foundation Medical Clinic, Sister Mary had to go on vacation in order to have time to read the Noe Valley Voice.



**More English Food for Thought:** On a recent trip to the U.K., Virginia Lunstrom had to share her copy of the Voice with son-in-law David Cotton. David, who is a native of the Sandwich area, found a spot for them to pose that might amuse the Yanks. Behind the camera, Virginia's daughter Leslie Cotton is hoping they'll soon break for lunch.



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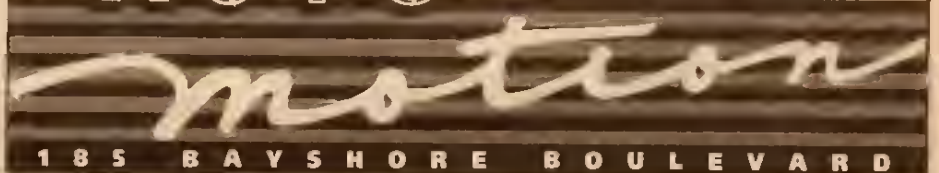
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Photo by Pamela Gerard

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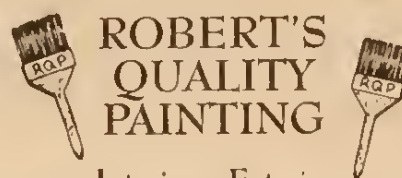
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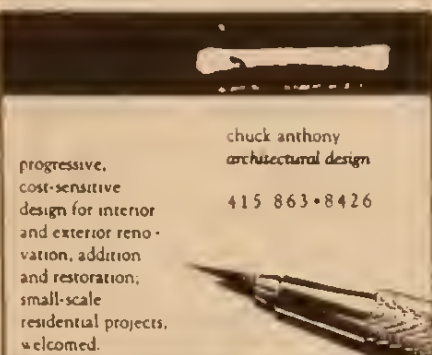
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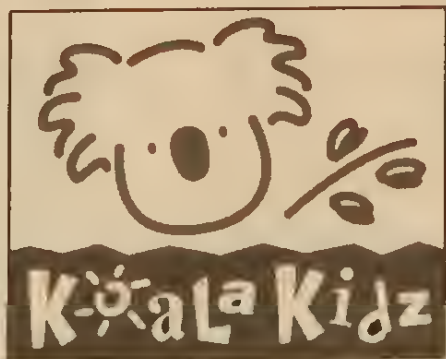
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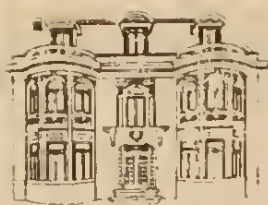
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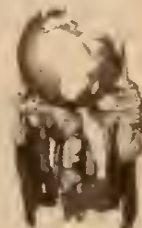
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### Nicholas James Bourgault

Michelle Bourgault, an ob/gyn affiliated with St. Luke's Women's Center, acknowledges there may be an occupational hazard to being an obstetrician: after years of delivering other women's babies, it's hard to resist giving birth to your own.

"Michelle kept delivering babies, but hated to give them to the mothers. So she had to have one too!" says Michelle's partner, Janet Thornburg.

On July 16, 1995, Michelle gave birth to son Nicholas James Bourgault at UCSF Medical Center. The baby clocked in at 5:54 a.m., weighing 7 pounds and 3 ounces.

Since that moment, everything else has paled in comparison. "He's a one-man show every day," the couple agree.

At 11 months, Nicholas does seem happy as a clam in his Noe Street home. His parents purchased it when they moved to Noe Valley four years ago.

Dressed in a stylish "Miniman" suit and blue slippers adorned with white teddy bears, the strawberry-blond youngster alternates between holding hands with Janet or Michelle and clinging to his toy stroller, as he practices his newest skill: walking. A proud grin reveals two lower front teeth.

"He cut his teeth the same day he started walking," Michelle points out. "He was late with his teeth and early with his walking."

Michelle, 34, and Janet, 50, met at a "Putting on the Ritz" dance, and have been together for 8½ years. Their two-level house is perfectly suited for visits from Nicholas' father, Jay. A buddy from Michelle's medical school days—now a radiation oncologist in Los Angeles—Jay phones frequently and makes monthly trips to the city to spend time with Nicholas. It's an arrangement that many new parents might envy.

"Jay and his partner stay upstairs with Nick, and we stay downstairs, so that they can do the primary caregiving role during that time," Michelle explains. "But we're here also, so Nick doesn't worry. They love being around him, so we don't have to worry about getting home on time, like with a regular babysitter."

Janet nods in agreement. "I was amazed at how good his dad is with him, from the time he was a tiny infant," she says. "He's so careful. He changes his diapers perfectly!"

In preparing for the birth, both women vowed to be Major Moms. "When it came down to it, we decided it wouldn't be Jay



At 11 months, Nicholas James Bourgault is thriving under the care of parents obstetrician Michelle Bourgault (left) and writer-performer Janet Thornburg.  
Photo by Beverly Tharp

and me coparenting together," says Michelle. "It would be Janet and me."

Luckily, Janet, a writer and performer, had just finished a show at Fort Mason, when Nicholas decided to make his debut.

This past April, Janet completed procedures to formally adopt Nicholas with Michelle, and the family promptly threw a celebratory brunch. "We had several friends come to court with us," Janet says. "It was a lovely celebration."

Most weekdays Nicholas can be found in the company of his babysitter, Blanca. The pair like to hang out at Noe Courts, the small park off 24th Street. "Blanca's sister takes care of two little girls who also play there, and they love Nicholas," Janet says. "They're so crazy about him, they scream when they see him coming."

Spending time with Blanca, who is from El Salvador, also allows Nicholas to brush up on his Spanish. "I speak obstetric Spanish, which doesn't do much good," Michelle laughs.

Nicholas particularly enjoys playing with his *pelota*, his soccer ball. But he also gets a kick out of what's lying around the house. "He loves to carry the garbage cans around and play trash man," says Janet. Clanging an aluminum mixing bowl is a big thrill, too.

On the weekends, when a typical day is "chaos," says Janet ("organized chaos," Michelle corrects her with a grin), the family heads down to 24th Street, where Nicholas charms the locals with his effervescent smile. "Lots of people say he's a very jolly guy," Janet observes. "He beams at everybody at the bank teller ma-

chine. I took him to Starbucks last week, and everybody noticed him. He loved the atmosphere. He was even fascinated by the track lighting!"

While out and about, Nicholas hones up on another new skill—waving bye-bye. "He was doing that to people at Real Foods the other day," Janet reports. "He likes the Small Frys boutique as well," says Michelle, "because there's lots of stuff for him. He tells you what he wants, definitely."

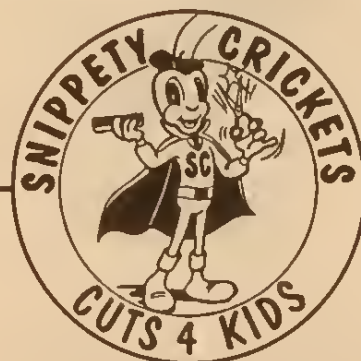
The trio also takes hikes to Kite Hill—a park between Noe Valley and the Castro—and weekend jaunts to Point Reyes and Sea Ranch.

Back home, during a pre-dinner stroll through the garden, Michelle lifts Nicholas up so he can play with the wind chimes. He squeals in delight.

"I think he has Michelle's disposition," Janet says. "He does seem very upbeat all the time."

Wouldn't you too, if you had two, three, and sometimes even four parents? □

—Maire Farrington



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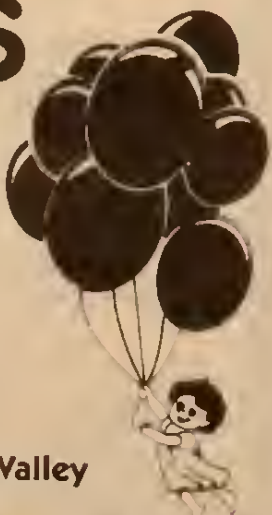
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**Project @eon, our Saturday kids' program, will still be going strong this summer. And during the week, we'll be running camps in Computer Art, Animation, 3-D Modeling, and Web Site Design. Please call to make an appointment for a free introductory session.**



## MORE BOOKS to READ

Librarians Roberta Greifer, Carol Small, and Cornelia Van Aken-Sanks invite you to come in and check out the books and online services available at the Noe Valley-Sally Brunn Library, 451 Jersey St. (at Castro). Branch hours are Tuesdays, 10 a.m. to 9 p.m.; Wednesdays, 1 to 9 p.m.; Thursdays, 10 a.m. to 6 p.m.; Fridays, 1 to 6 p.m.; and Saturdays, noon to 6 p.m. Phone: 695-5095.

### Adult Fiction

*Dust and Ashes*, by Anatoli Rybakov, is an epic novel dramatically capturing the Russian perspective and experience during World War II.

The irrepressible 19th-century archaeologist Amelia Peabody fights murderers, grave robbers, and ancient Egyptian curses in Elizabeth Peters' latest adventure on the Nile, *The Hippopotamus Pool*.

Connie Briscoe's novel *Big Girls Don't Cry* is the story of a young black woman's search for self-realization and love in a struggling black and white America.

*Archangel*, by Paul Watkins, is a controversial tale of environmental conflict set in a remote New England logging town.

### Adult Non-Fiction

*Modern Ballroom Dancing*, by Victor Silvester, is a complete guide to the theory, practice, and history of dances such as the waltz, quickstep, tango, and rumba.

Historical investigator Joe Nickell explains how to identify and date old photos, distinguish originals from copies, and spot photograph fakery of paranormal phenomena in *Camera Clues*.

*The Old House Journal Guide to Restoration* provides comprehensive advice on authentically restoring houses of every style, from Colonial to Victorian and foursquare to farmhouse.

In *The Sibling Society*, author Robert Bly critically examines contemporary society and discusses his theory that we have become a nation of squabbling siblings due to our abandonment of essential cultural hierarchies.

### Music for Kids

Lisa Atkinson will present an interactive music program for preschoolers on Tuesday, July 23, at 10 and 11 a.m.

### Paper Airplanes

A program for kids 6 and older on "How to Make Paper Airplanes" will be presented by John Collins on Saturday, July 27, 1 p.m.

### Children's Fiction

A little boy bear initially resents his baby sister, but eventually learns that he will play an important role in her life in Julia McClelland's book *This Baby*. (Ages 3-7.)

When *Andrew Jessup* moved away, his best friend became very lonely until Madeleine Havenblower moved in and became his new companion in this picture book by Nette Hilton. (Ages 4-7.)

In *When Joel Comes Home*, by Susi Gregg Fowler, a little girl eagerly celebrates the arrival of her friends' newly adopted baby boy. (Ages 4-8.)

Officer Buckle's safety shows are sleepers until he teams up with amazing police pup Gloria. Peggy Rothman's picture book *Officer Buckle and Gloria* is the latest Caldecott winner. (Ages 5-8.)

A boy grieving over the death of his elderly dog finds solace in *The Sounds of Summer*, by David Updike. (Ages 8-10.)

Warrior-mouse Muriel sails off to fight a band of evil rats and finds herself in desperate danger in Brian Jacques' swashbuckler *The Bellmaker*. (Ages 9-11.)

### Children's Non-Fiction

When kids moan, "I don't know what to do," check out *Gifts Kids Can Make* by Sheila McGraw, a fun book full of exciting, creative projects. (Ages 9 and up.)

*The Search for Seisaurus: The World's Longest Dinosaur*, by J. Lynett Gillette, provides a fascinating look at the continuing excavation of this amazing prehistoric creature. (Ages 8-11.)

### Story Time

*Preschool Story Hour*, for children 3 to 5, unfolds at 10 a.m. on Tuesdays, July 2, 9, and 16, and Aug. 6 and 13.

### Lapsits for Babies

The Wednesday *Lapsits*—on July 3, 10, 17, 24, and 31, and Aug. 7, 14, and 21—feature songs, stories, and fingerplay for infants and toddlers and their parents. 7 p.m.

### Films for Preschoolers

Short movies for kids will be shown at the library on Tuesdays, July 30 and Aug. 20, at 10 and 11 a.m.



This month's More Books to Read were selected by librarian Cornelia Van Aken-Sanks. All events take place at the Noe Valley-Sally Brunn Library, 451 Jersey St.

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## and now for the RUMORS behind the news

### Crazy Days of Summer

By Mazook

SANCHEZ HILL — or as some call it, Battle Mountain — is no longer 360 feet above sea level, as described in Gladys Hansen's *San Francisco Almanac*. Its elevation was reduced by about 20 feet in the last two weeks of June, after a convoy of dump trucks came and hauled it away.

Developer Seamus McGee finally got the go-ahead to begin construction of three of his four proposed luxury houses at 21st and Sanchez.

"They started the morning of June 18th," said Amy Powell, a 21st Street resident and spokesperson for Neighbors to Save Sanchez Hilltop, "and I followed one of the dump trucks as they went down Sanchez Street into Noe Valley. I wanted to see where they were taking the hill.

"The truck turned left at Army and I guess was heading for 101 and ultimately to some landfill. I went straight," said a doleful Amy.

The bulldozers started shortly after a Superior Court judge lifted a temporary restraining order that had stemmed from a lawsuit against the city for issuing McGee the construction permits in the first place.

According to Powell, the Save the Hilltoppers had been negotiating to convince McGee to spare the corner lot so that the property could be purchased with city and private funds and preserved as open



Sun Valley Night: Sam Nassar takes a break during his night shift at Sun Valley Grocery on Church at 28th Street.

Photo by Nojib Joe Hakim

space. However, that idea stalled in a significant way when Mr. McGee put a price tag of \$763,000 on the 35-by-125-foot lot.

Even though he originally paid \$935K for all four lots, Seamus said he thought his asking price for the corner lot was fair. "Over the past two years and one month,

I've put nearly a half-million dollars into this project for permits, plans, engineers, debt service, and legal fees. And we haven't even laid the foundation yet.

"Had I known then what I know now," he adds, "I would have run away from the closing of that escrow. It really bothers me that the neighbors have a lot of bitterness, and that a few drive by the project and harass me."

☎ ☎ ☎

BUT THE BATTLE AIN'T OVER YET. McGee still needs an encroachment permit to build his fourth townhouse, the one facing Sanchez Street. The permit would enable him to cross a public right-of-way that runs about 20 feet up the hill from Sanchez Street.

The Board of Supervisors last month agreed with the Save the Hill brigade that McGee's plans were a *major*, and not a *minor*, encroachment. Seven supervisors (Alioto, Ammiano, Biernan, Brown, Katz, Kaufman, and Yaki) voted to call his plans a major encroachment, and three voted in favor of McGee (Hsieh, Shelley, and Leal). Teng was absent.

The developer can either reapply for a minor encroachment, apply for a new major encroachment permit, or sue the city and go to court over the Board of Supervisors' determination. McGee says he'll go to court.

However—major, minor, or whatever—McGee will stand by his offer to grade the property, build a retaining wall and steps, and create a spot on the corner of 21st and Sanchez for a memorial to Dolores Heights activist Audrey Rodgers, who was instrumental in obtaining special use status for the hill.

McGee says he has been in touch with Rodgers' daughter, who is having a special carved-wood bench made for the memorial, and that once the family gets the permits, he will do the work.

☎ ☎ ☎

CONGRATULATIONS TO ALL THE neighbors around 26th and Church streets who recently won their battle to return the intersection to a four-way stop.

About a decade ago, when Muni switched the J-Church streetcar stop from 26th to Clipper Street, it also insisted on removing the stop signs on Church at 26th because they were slowing down the J.

Unfortunately, a Muni savings of maybe 20 seconds brought on a multitude of crashes, some involving fire trucks speeding across Church from the fire station on 26th.

As the cars and trucks and buses piled up, so did the neighbors' complaints.

"Finally," says 26th Street resident Barbara Johnson, "there was a bad accident in January, which resulted in a car flipping over on its back after hitting a van, and as we all stood together in the intersection complaining about the danger, we realized something had to be done.

"In February, we formed an ad hoc committee, drew up plans, circulated petitions, and gathered a lot of support to pressure the Traffic Department to get our

Continued Next Page

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# RUMORS

Continued from Previous Page

stop sign back. This has been a great example of neighbors coming together to make a positive change," beams Barbara.

City traffic engineer Bond Yee also deserves credit. Yee says that once he became aware of the petitions, he did some investigation and discovered "there were a large number of right-angle accidents there within the last five years."

He first tried painting lines in the street to improve driver visibility, but then agreed to recommend the four-way stop.

"Normally, the decision to install stop signs goes through the Board of Supervisors, unless there's a school within two blocks of the intersection," Yee explains. "When I saw that there were four schools within the two blocks, I knew we could expedite the process, and so we went out and put up the stop signs in May."

A word of caution, however. Although there have not been any more accidents, Barbara Johnson says she and others have seen many drivers go right through the newly erected stops signs. Maybe we could get some motorcycle police officers to sit on the corner and ticket those who still aren't stopping.

☺☺☺

**RESTAURANT-A-RAMA:** It looks as if a Chinese restaurant will open in September at the corner of Sanchez and 29th (in the Community Store's old spot).

According to new owners Sharon and James Song, the restaurant will be named after their niece Alice, and all permits have been obtained. The menu at Alice's will be Hunan and Mandarin.

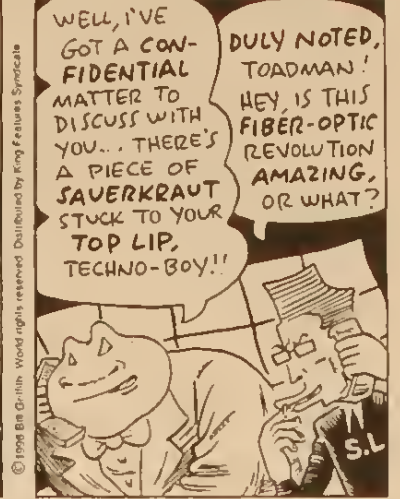
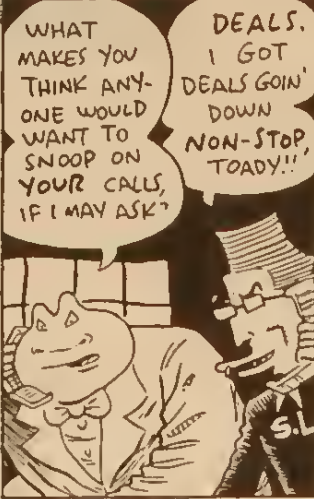
"We chose Noe Valley for our first restaurant," Sharon says, "because we know a lot of people here and really like the location." Sharon used to own the laundromat at 24th and Diamond, but sold it three years ago.

Also staying in Noe Valley is Karim Balat, who has just completed a remodel of his Noe Valley Deli on 24th Street near Noe. At one point last year, Karim was going to sell his business, but when the deal fell through, Karim says he decided to stay.

The people who are building a new restaurant where the old Courtyard Cafe was (next to Joshua Simon) have gotten the green light from City Planning to finish their project. The restaurant will specialize in crepes. The same folks who own it will also run the new Courtyard restaurant on Church Street, which used to be called Rami's Cafe.

All the neighbors around Hahn's Hibachi on Castro Street will be happy to know that owner Dave Bass has started work on installing a new odor filtration

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system, to alleviate the barbecue flavors wafting into Downtown Noe Valley.

Dave says the restaurant will have to close down one or two days to install the system, which is being prefabricated at San Francisco Sheet Metal. It should be up and running by the end of July, he says. Till then, the neighbors are holding their breath.

☺☺☺

**ALL THOSE RUMORS** about the attempted unionization of workers at Real Food's store on 24th Street are true.

Last month, things got a little out of control when anonymous pro-union callers phoned the Noe Valley Ministry to complain about a "union-busting" meeting held at the church June 1.

The Ministry promptly cancelled all future meetings and put out a press release saying the church had been unaware of any labor dispute at Real Food Company when it allowed the manager of the store to rent a small room on the premises. However, the Ministry was disturbed by the tone of the calls, which "ranged from rude to threatening."

For its side, the union, Local 101 of the United Food and Commercial Workers, admits that it was conducting a campaign to unionize workers at Real Food, but denies any knowledge of the phone calls.

According to sources close to the matter (and nobody wants to talk), there was indeed an election very recently, and the vote was 13 for the union, and 13 against the union—with five more sealed ballots being disputed by the union.

We'll follow up in September.

☺☺☺

**HAYSTACK PIZZA** has lost its popular day manager, Jason Flores-Williams, but it's for a good cause.

Jason decided to quit in mid-June to devote himself full-time to writing, now that his novel *The End of the West*, published by Caught Inside Press, seems to be catching on.

"The book has sold out twice at Cover to Cover and three times at Phoenix

"VOICE MEAL"

BILL GRIFFIN

Books," he says. "I guess all my customers at Haystack have bought it, because I was getting a lot of customers talking to me about the book." The novel is about how Americans have lost the ability to "Go west, young man," in search of opportunity.

"What the West once was, now is done," says Jason, "just like the 20th century."

As for his pizza pals, "I'll miss all the people at Haystack, where I had great times and was among a very literate crowd, when you get right down to it."

☺☺☺

**BEFORE WE BREAK FOR SUMMER VACATION**, here's your final quiz of the school year. Passing this test requires at least five correct answers. I'll have the answers for you in September:

1. What is the zip code of the Noe Valley Post Office?
2. Where was the Noe Valley Post Office located before it moved to its present location?
3. What business occupied the spot now filled by Terra Mia Pottery?
4. What was Herb's Fine Foods called before it became Herb's?

5. The first what in California was built in 1896, in back of the shop now occupied by the S.F. Mystery Bookstore?

6. Which 24th Street address was once occupied by Cameo Coffee, one of our espresso bean pioneers?

7. True or False: Dr. Michael McFadden's first office in Downtown Noe Valley was located on the second floor of the El Vira Building.

8. How many traffic lights are there in Downtown Noe Valley?

9. Which DNV storefront has a picture of Ronald Reagan in it?

10. The Philosopher Stone was (a) a rock packaged and first available at Star Magic when it was known as Gifts of the Magi; (b) a nickname that was given to Fred Methner when he started painting out graffiti on the walls of Noe Valley; (c) the nickname that locals gave the weight scale at the old Meat Market Coffeehouse; or (d) the name of an eclectic shop selling mystical literature and holding Friday-night meetings of occult seekers?

Okay, time's up. Have a great summer, and see you in September. And don't forget to read the *August Literary Issue*—the best in what's left of the West. ☐

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**July 27: Laidley Street Block Sale.** 10 a.m. to 4 p.m. Residents at the southern end of Noe Street, from 30th to Miguel, hold their eighth annual event. 550-1953.

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**Fatherhood — Is It for Me?** Do you wonder whether or not you want to be a father and have no place to explore your thoughts and feelings? Work for eight structured sessions to explore this question. I work with single or coupled men, as well as any sexual orientation. Call for more information. 510-895-3592 (San Francisco office). Ann Davidman, M.F.C.C., registered intern. Supervisor: Kathy Glaser, M.F.C.C.

**You Would Like to Get a Massage** but you don't know anyone reliable, trustworthy, or respectable. You could contact Bodywork for Humans and be treated like an individual, and have a 60- to 90-minute massage for one price. You will be treated in a professional office. You can arrange for extended payments without extra fees. 273-1092.

**Vegetarian Cooking Classes:** 285-1831.

**Seeking One-/Two-Bedroom Apartment.** Love area, move in 7/20-8/1. Two tenants, psychologist and actress, references, pay up to \$1,200. Finders fee \$150. Rob, 586-9433 or e-mail [rschmie@aol.com](mailto:rschmie@aol.com). Thanks!

**Wanted:** Nanny, full-time live-in for 3-month infant in Noe Valley. Long-term position. Call Chitra, 826-2642.

**Handyman Services.** Painting, plastering, carpentry, landscaping, roofing. Estimates are free. Call Mark, 673-5064.

**Bookkeeper Needed.** Payroll, quarterlies, GL, financials. Computerized. 16 to 20 hours/week. Call Jo, Urban Farmer Store, 661-2204, noon to 6 p.m.

**Rosen Method Bodywork.** Sometimes the most profound touch is gentle. Rosen uses nonintrusive touch and talking to meet you on a deep inner level. Rosen helps body and mind speak to, rather than oppose, one another. Experience this unique work. Introductory series: three for \$95 (regular rates: \$45 to \$60). Teresa Imfeld, 285-7325.

**Reiki:** The gentle healing power. Reiki sessions \$35, private classes available. Learn how to treat yourself and others. C.M.T./Reiki master, Jurgen, 552-3731.

**Anxious? Depressed?** Seasoned therapist specializing in the cognitive-behavioral treatment of anxiety difficulties (stress management, high anxiety, panic, agoraphobia, specific fears), and depression. Noe Valley. Insurance accepted. Valerie Heam, Ph.D. 824-3701.

**Seeking Office Space** in Noe Valley. Writer/designer seeks quiet and sunny space for full-time use. Alone or with others. Lynn, 824-9042.

**Counterperson Wanted** for 24th Street gourmet deli; sales experience a plus. Part-time. Call Nan at 753-6457.

**We Recycle Technology.** Fact: Most non-functioning donations to charitable organizations end up in landfills. You can stop this pollution of the earth by selling or donating to us any of the following: TVs, VCRs, computers, stereo equipment, or anything electronic; vacuum cleaners, power tools, sewing machines, appliances. Save money by buying our recycled products. Trades are possible. We sell parts. Reach our shop anytime at 282-SHOP(7467).

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**Want an Evening Activity** to soothe, nurture, and energize you? Come relax and learn to use visualization, a powerful tool accessing your innermost desires and helping create the life you want. July 11, Exploring Past Lives; July 18, Healing Within; July 25, Peace and Harmony. 7:30-8:30 p.m. \$10 per session. Noe Valley location. Tapes and individual sessions also available. Call for information or to be added to my mailing list. Ruth Szilagyi, 824-3281.

**Licensed Cosmetologist.** Laura will cut/color your hair at affordable price. Call 647-8478 or 267-3269.

**Yoga in Noe Valley:** Many classes and times, in the wonderful Vini yoga style! Special classes for arthritis, and private lessons. New Dawn Yoga Therapy, 285-1831.

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**Meditation Workshop.** A practical workshop that will enable students to begin earnest meditation on their own. A clear understanding of what meditation is, how it works, and how to make it an enjoyable daily experience will be presented. Tuesday, July 16, 7:30 to 9 p.m. \$7. Integral Yoga Institute, 770 Dolores St. (415) 821-1117.

**Need Help Organizing Chaos?** Cleaning or dispersing your possessions? Museum Collection Managers—experienced in caring for, storing, and moving objects, photos, and archives—will clear away your clutter. Call: Overmire Associates, (415) 837-1203. North Beach office.

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**Furniture Wanted.** I need old dressers, tables, desks, etc. Will repair and/or refinish if necessary. Paying cash. Karen, 647-6157.

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**Living Tai Chi Chuan** of Noe Valley. Unique approach for holistic balance. Beginners Tuesday and Thursday, 6 p.m., \$5 introduction. Noe Valley Ministry, 1021 Sanchez. Chris Sequeira, 23 years' experience. (415) 756-6857, (415) 773-8185.

**Monthly Writers Group** for women meets in Noe Valley to provide support for challenges of writing, publishing, and creative process, including: writer's block, inner critic, self-disclosure, failure/success issues, isolation. Individual consultation available. Maire Farrington, M.F.C.C. No. 24893. (415) 282-5965.

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**Cat & Plant Care** continues to provide TLC to cats and homes in Noe Valley and environs. Mature woman makes daily visits on a set schedule. Excellent local references. Call for a cat chat and additional information. Anna-Kays (A-K), 648-8132.

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**Words Wanted:** *The Noe Valley Voice* welcomes submissions of poems, stories, and essays, particularly those with neighborhood themes. Payment upon publication. Send manuscript (typed, please), plus name, address, and phone, to the *Noe Valley Voice*, 1021 Sanchez St., San Francisco, CA 94114

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**Therapeutic Massage.** Simone Junge, C.M.T. 550-0325. San Francisco, Bernal Heights. Trained in Swedish, deep-tissue, acupressure, breath, and movement work. In my work I freely combine different techniques according to your specific needs to promote your physical and emotional well-being. Sliding scale.

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The rate for classified advertising in *The Noe Valley Voice* is 25¢ a word. Just type or print your copy, multiply the number of words by 25¢ (we trust you), enclose a check or money order for the full amount, and mail it to us by the 15th of the month preceding the month in which you'd like the ad to appear. Please let us know whether your ad is a renewal from the preceding issue. But be sure to give us the full ad copy, in any case.

**Reward for Loyalty:** *The Voice* prints a news edition 10 months a year (We publish a special literary issue in August, January is our vacation month.) If you decide to place the same class ad in 10 issues, you are entitled to a 10 percent discount. When figuring your cost, deduct 10 percent from the total amount due for 10 issues.

**The Next Voice** for Class Ads will be the September 1996 issue, on the streets Wednesday, Aug. 28. To place a class ad, mail the text of your ad and a check payable to the *Noe Valley Voice*, so that we receive it by Aug. 15. The address is **Voice Class Ads, 1021 Sanchez St., San Francisco, CA 94114.** Sorry, but we are unable to accept phone orders.

Class advertisers should keep in mind that only the first few words of the ad (not to exceed one line of type) will be set in boldface type. Also, receipts and tear sheets will be provided only if your order is accompanied by a self-addressed, stamped envelope. Thank you. ☐

**Secure Storage Room.** 25th/Fair Oaks Street; 200 square feet. Approximately \$95/month. 285-4279

**If You Want to Get a Therapeutic Massage** and don't want the typical Swedish-only massage or ho-hum shiatsu that everyone is offering, call Bodywork for Humans. I take time to explain the different types of work I use, tell you about my training and experience and references. 273-1092.

**Cherry Dining Table** with two leaves. \$400 821-2951.

**Fabulous Female Seeking a Room** in household with two/three others in Noe Valley or vicinity. Employed nonsmoker. Maximum price: \$500. Sue Agee, 673-6768.

**Dog Walks** by Noe Valley resident. Leading animal behaviorists tell us that, rain or shine, man's best friends need regular walks to keep healthy and happy. I am experienced and available. 7 a.m. to 6 p.m., Monday through Friday. 821-9234.

**The Healing Touch.** Swedish massage, 20-minute foot and hand massages and body treatments. Buy five one-hour massages and save \$25. Come feel the touch at Isa's Salon and Day Spa with Shannon M Hall, C.M.T. 641-8948. Summer special \$40!

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**Six-Week Yoga Class.** This class will introduce you to basic yoga postures, breathing practices, and deep relaxation techniques. It will allow for personal attention and in-depth instruction. Thursdays, beginning July 11, 7:30 to 9 p.m. Please register in advance. Send tuition, name, and phone number. \$42. Integral Yoga Institute, 770 Dolores St. (415) 821-1117.

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# All Aboard the F-Line—for a Classic Ride

By Tim Kelley

Here in Noe Valley, if you're in the right place at the right time, you can hitch a ride with history—all the way downtown.

Muni's new "F-Market" streetcar line has been in full operation since September of 1995, using beautifully restored historic streetcars from around the world. The F-line runs all day above ground on Market Street, from Castro Street to the Transbay Terminal at Mission and First streets.

But there's also a semi-secret Noe Valley connection: The old streetcars are bedded down each night in Muni's car barn at San Jose and Geneva avenues. So, on their way to and from work on Market Street, they travel the J-Church tracks through Noe Valley at certain times every day.

Armed with a schedule, residents and tourists alike can rendezvous with the colorful cars as they pass through the neighborhood, and take an exciting ride through history.

First, for those of you who are Muni-challenged, the regular streetcar route of the J-Church enters Noe Valley from the south along San Jose Avenue. It turns left on 30th Street to Church, and then makes its grand progress through the neighborhood on Church Street.

The route winds through a right-of-way between 22nd and 20th streets, passes the Golden Hydrant at 20th and Church (which supplied much-needed water during the 1906 Earthquake and Fire), and runs along the west side of Dolores Park, affording picturesque views of downtown and the Bay Bridge.

The modern J-line cars then go under

## THE LAST PAGE

ground at Church and Market, to make a dash downtown. But the classic cars—bearing the "F-Market" sign—turn left off the J-Church tracks on 17th Street and run up to Castro, the official start of the F-line. There, they turn right on Market Street and begin the more prosaic part of their journey downtown.

Like the J, the F-line cars will pick up riders at any official stop along the way. Look for the yellow "Car Stop" signs painted on light poles.

The vintage streetcars are a regular part of Muni, so the fare is the same: \$1 for adults, and 35 cents for youths (5–17) and seniors (65-plus). Children under 5 ride free. Just think of the entertainment potential for Noe Valley families in that fare structure.

Ask for a transfer when you pay. You can use it for the return ride. It's good for 90 minutes in any direction.

The F cars have been fully restored, and are much more comfortable than anything built since the Eisenhower era. Women may suddenly feel as though they've left home without their little white gloves. Men may feel the need to remove a hat they're not wearing. But don't let that ruin your trip. There will be plenty of pierced lips and noses, and perhaps a few flip phones aboard, to help keep your frame of reference.

If you'd like to expand that frame, stop off at the new Main Library—ask for the Eighth Street stop—and watch the five-minute 1903 film of a streetcar trip down Market Street. You can see it in the San Francisco History Center on the sixth floor. Then use your transfer to get back on another historic car and retrace the 1903 ride downtown. You'll see the very same Ferry Building beckoning up ahead that you saw in the library film, although almost everything else has changed.

Some of the cars you'll be riding are almost as old as the one in the film. One of them used to run to Golden Gate Park before the 1906 quake. Many date from the silent film era. Car #1, "the People's Car," was Muni's first streetcar, built shortly after the Municipal Railroad was organized in 1912. The majority are a bit younger, circa 1948.

Many members of the fleet have been donated to Muni by cities around the world. There's the Melbourne W2 Tram, a 1928 model from Australia; a 1921 wooden beauty with radial axles from Moscow; the two-tone green and silver "Hiroshima, Mon Amour," originally built in 1927 for service in Kobe, Japan; and the Blackpool Boat, an open-top tram that was a gift to San Francisco from England in 1984. There is also a collection of more familiar domestics, painted in the colors of their native American cities.

Each of the cars has been restored by Muni technicians and volunteer workers from the Market Street Railway, a non-profit organization which, according to board member Dave Pharr, began working to return streetcar service to Market Street back in 1981.

It was the era of Mayor Dianne Feinstein, who had a special fondness for the old cars. In fact, though Muni says the "F" designation is just a letter pulled out of storage, some people speculate it's a salute to "DiFi."

In any case, it was an idea a long time coming. During the cable car restoration period from 1983 to 1987, classic streetcars ran on Market Street as far as Duboce, for special summer streetcar festivals. Today's F-line, a year-round regular service, grew out of those festivals.

The Market Street Railway is presently restoring even more vintage cars

at its facility at Duboce and Market. Many will also travel along the Embarcadero, once new tracks are laid there. Those who would like to get involved in the cars' restoration can call Bob Richardson, director of volunteers, at 325-1412.

Now, prepare to synchronize watches. On weekdays, the times when you can catch a historic streetcar from Noe Valley are mostly in the early morning (5:30 to 7:30 a.m.), when they, as well as a lot of people, are on their way to work. However, when the fog and the commuters have burned off, you can stroll down and catch a historic car at 30th and Church at 2:21, 2:51, or 3:11 in the afternoon. The ride from 30th to 24th Street takes about four minutes, so figure your boarding time at other points along Church Street accordingly.

On weekends, Muni runs one F-line car through Noe Valley at a decent time in the morning. It stops at 30th and Church at 10:28 a.m. on Saturday, and 10:18 a.m. on Sunday.

The trip downtown takes about 45 minutes, without any allowance for a stop at the Main Library. (Remember, if these times are inconvenient, you can hop a 24-Divisadero bus over the hill to Castro and Market, where the F cars run all day long at roughly 15-minute intervals. However, you'll miss the scenic ride through Dolores Park. To verify schedules, call 923-6162 or 673-MUNI.)

Coming home, you can take an F car to Castro and Market, or ride the Muni Metro light-rail vehicles—the regular J-Church line—back to the future.

Or you can wait for a Noe Valley F-line car. Vintage cars heading for Noe Valley leave the Transbay Terminal at 5:40, 5:58, and 6:16 p.m.

Of course, at that time of day, the images may be less evocative of the Eisenhower years, and more reminiscent of *Blade Runner*. No matter, you have a rendezvous with history—be there. □

Tim Kelley is a seasoned Muni rider and our resident social historian.



The early-morning commute through the back yards near Chattanooga and 21st streets is a travel in time, when you're riding the historic F-Market streetcar.

Photo by Beverly Thorp